

Thursday, January 25, 2018

local news all day every day  essexlive.news/harlow

Price 50p where sold

Traders fear business will take a hit in wake of raid

Shop owners step up security at stores



The store was severely damaged in the incident

By James Gregory
james.gregory@essexlive.news

SHOP owners near to the scene of a ram raid in Harlow have warned that crime in the area could affect their businesses.

A gang of men used a 4x4 to rip out an ATM cash machine which was in Martins Newsagents on Southern Way, in Staple Tye, in

the early hours of Monday morning.

Lesley Williamson, who co-owns unisex hairdressers Top 2 Toe with her husband, said: "It could affect business because it is not very nice this happening in your area."

"We have been more security conscious - we have shutters, alarms and double locked doors at

the back of the shop."

Robbery is something the 63-year-old is all too familiar with.

"About three years ago we had a robbery," Lesley added. "We have been broken into twice so we had to install more security."

Meanwhile, others are concerned about the impact the raid

■ Continued on Page 8



COUPLE TOOK THE PLUNGE AND MADE SURE THEIR **SPECIAL DAY** WAS A LITTLE BIT DIFFERENT

FULL STORY: **PAGE 5**



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BRIEFING

in this week's paper...



Review: A film with Primitive Charm

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■ Kings, Unit 4, Church Langley Way, Harlow	■ Reyland Johnson, 1 Acorn Mews, Harlow
■ Kings, 19 East Gate, Harlow	■ Howick & Brooker, 1 High Street, Old Harlow
■ Geoffrey Matthews, 47 High Street, Old Harlow	■ Belvoir, 40 High Street, Old Harlow

CONTACTS



Editorial

Editor Alan Woods
Post Harlow Star, Kestrel House, Hedgerows Business Park, Chelmsford, Essex, CM2 5PF
Phone News 01245 602730 Sport 01992 663313
e-mail newsdesk@essexlive.news

Advertising

Telephone Sales 01992 526666
External Sales Emma Wood 07816 170274

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If you have a query regarding the delivery of your newspaper or would like to join our team as a newspaper deliverer, please contact our distribution department:
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Email enquiries@thedistributionbusiness.co.uk

Newspaper sales

Manager Duncan Anderson
Phone 01223 434258
email duncan.anderson@Cambridge-news.co.uk
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THE TOP 10 THINGS TO DO THIS WEEK



Photo: DOUG BLANKS

The Jackie Free Chicagoans are back in town this week

ON THE RUN

HARLOW PARK RUN: SCHOOL LANE CAR PARK, JANUARY 27, 9AM

If you are feeling in the mood to run on Saturday morning, especially after the start of the New Year, then the Park Run could be for you. This 5k run is against the clock but it's free for anyone to take part in and to have fun.

All you have to do is register beforehand and make sure that you print of a copy of the barcode that you get on registering.

To register and to find out more visit www.parkrun.org.uk/harlow

A CLASSIC TALE

ROBINSON CRUSOE AND THE PIRATES: LITTLE HADHAM VILLAGE HALL - DAILY FROM JANUARY 25 TO JANUARY 28

The Little Hadham Pantomime Group will be taking to the stage with their own unique take on this classic tale. You will be transported from the Village Hall all the way to a remote tropical island near Trinidad in the Caribbean and watch out! There are pirates about!

Shows run at 7.30pm from today until January 27 and the last performance is at 3pm on January 28.

Tickets can be bought at www.ticketsource.co.uk/lhpg

IT'S A BLUE DAY

FOREVER IN BLUE JEANS: RHODES ART COMPLEX, JANUARY 27, 8PM

Join one of the biggest parties in Bishop's Stortford as Forever In Blue Jeans celebrates its 21st year. There will be amazing singers, dancers, and musicians playing the best music in country and rock and roll.

There will be songs from Patsy Cline, Garth Brooks, Elvis Presley, Billy Ray Cyrus, The Mavericks, Tammy Wynette, The Carpenters, and Carol King. Bring the whole family to enjoy this show.

To get a ticket visit the Rhodes website at rhodesartcomplex.com.

ticketsolve.com/shows/873581712

TOP MARX

NATIONAL THEATRE LIVE - YOUNG MARX: THE RHODES ART COMPLEX, FEBRUARY 1, 7PM

If you can't get tickets to see the Young Marx performed on stage at The Bridge Theatre then this is the next best thing.

Part of the National Theatre Live series, this new comedy will be brought onto the silver screen at the Rhodes Theatre.

It's 1850, and the Europe's most feared terrorist and revolutionary is hiding in Soho. Follow along this comedy as everything falls apart for Karl Marx.

Visit rhodesartcomplex.com.

ticketsolve.com/shows/873582080 to buy tickets

LUKE WHO'S HERE

STAR WARS: THE LAST JEDI: THE SAFFRON SCREEN, JANUARY 26 TO JANUARY 28

If you haven't had the chance to see the latest in the Star Wars saga you have your chance as its coming to Saffron Walden.

Rey has begun her Jedi training with Luke Skywalker while the Resistance carries on the struggle against the First Order. It will be shown at 8pm on January 26, and 3pm on January 27 and January 28.

LEGEND ON STAGE

BRITISH JAZZ LEGEND @ OLD

HARLOW: THE ARC, MARKET STREET, OLD HARLOW, SATURDAY, JANUARY 27 AT 3PM

Jackie Free, a trombonist who played with Louis Armstrong, is still going strong in his 86th year and will be bringing his Chicagoans back to the ARC.

Tickets cost £10 for more information call John Petters on 01406 365731.

BIG SCREEN TREAT

CINEMA FOR TINIES: SAFFRON

SCREEN, AUDLEY END ROAD, SAFFRON WALDEN, SUNDAY,

JANUARY 28, AT 11AM

This week's Cinema for Tinies film is the Disney Pixar animated adventure Cars 3, the latest chapter in the story of hotshot race car Lightning McQueen - as he tries to keep up with a new generation of fast cars.

Tickets cost £4 for adults, £3 for children and are free for kids under the age of two, and can be bought from Saffron Screen's website.

SUCH A DRAG

AFTERNOON GLEE: HARLOW PLAYHOUSE, PLAYHOUSE SQUARE, HARLOW, SATURDAY, JANUARY 27 AT 1PM

Join Harlow's very own drag queen Fanny in the Harlow Playhouse Café between 1pm-4pm for an afternoon of tea, cake and pastries with soundtrack as well as a glass of something fizzy. For more information call 01279 431945.

COLLECTORS MEET

STAMP COLLECTORS: GREAT PARDON CENTRE, ABERCROMBIE WAY, HARLOW, THURSDAY, JANUARY 25 FROM 6.30PM TO 9PM

The Harlow Philatelic Society are holding a meeting in the Maidmoore Room, all stamp collectors are welcome - come and show off your best stamps. Potential new members, as well as old ones, are welcome.

For more information contact 01279 430637.

PEP UP THE PARK

TOWN PARK FACELIFT: WALLED GARDENS, HARLOW TOWN PARK, HARLOW, THURSDAY, JANUARY 25, 10AM TO 2PM

The green-fingered are need to help give the Town Park a facelift.

No previous experience required. Tools, equipment and training provided. Please wear appropriate clothing and footwear as you will be outside. For more information call 01279 435466 or email mike.levett@harlow.gov.uk



Cars 3 is the latest chapter in the story of hotshot race car Lightning McQueen

'Beating your wife' comment is criticised online and in Parliament MP calls for councillor to resign for 'figure of speech'

By Tom Bage

tom.bage@essexlive.news

HARLOW'S MP has called for a councillor to stand down after he made a vile joke about domestic abuse.

Robert Halfon stood up in the House of Commons on Thursday, January 18 to blast recent comments made by Harlow councillor Mike Danvers about 'beating wives'.

He was responding to the joke made by Cllr Danvers, of the Labour party on January 17 when he compared a poll carried out by Essex Police and Crime Commissioner Roger Hirst to "beating your wife".

In a discussion of the poll, Cllr Danvers said: "It's like beating your wife, at the end of the day he's going to get the answer that he wants."

Violence

Mr Halfon addressed the House of Commons to take issue with these comments, particularly in light of tragic cases of domestic violence in the town in recent years, and those made by the general manager of the Harlow and District Chamber of Commerce Ian Hudson.

In a question to the leader of the house, Andrea Leadsom MP, Mr Halfon said: "My honourable friend will know of tragic and fatal cases in my own constituency of Harlow. Sadly, yesterday, a senior Labour councillor, Mike Danvers, made a joke about beating one's wife which incredibly was supported as a 'colloquialism' by the manager of Harlow District Chamber of Commerce.

"Does she not agree that we should condemn this, that the councillor should resign, the manager of the Harlow Chamber of Commerce should apologise and that we must be sensitive about domestic violence?"

When the comments made by Cllr Danvers were shared on Twitter yesterday, Mr Hudson tweeted saying: "Don't be ridiculous. It's



Ian Hudson

@irhudson

Follow

Don't be ridiculous. "It's like beating your wife" is a colloquialism not an encouragement to domestic violence

twitter.com/JoelRCharles/s ...

Mr Hudson's tweet about the comments

like beating your wife' is a colloquialism not an encouragement to domestic violence."

After Mr Halfon tweeted to say that those comments were "very sad" from someone in Mr Hudson's position, both Mr Hudson and the Harlow and District Chamber of Commerce tweeted saying: "I don't think this is a joke."

"I think it is a 'figure of speech'. Political Correctness is one of the biggest threats to our society."

"Fed up of people looking for reasons to be offended."

In the House of Commons, in response to Mr Halfon, Andrea Leadsom said:

"There is no joke, nothing funny, and nothing at all amusing about domestic violence, and I certainly agree with him that particularly people in public life need to be extremely careful about the jokes that they make."

She added that the Conservative Government will be introducing a new Domestic Violence and Abuse Bill as a part of their commitment to stamping out domestic violence in this country.

Harlow Conservatives joined Mr

Halfon in calling for Cllr Danvers to resign from his position after his comments.

Harlow Conservative Leader Councillor Andrew Johnson said: "I was disturbed to hear Harlow Councillor Mike Danvers' comments about wife beating during a formal interview yesterday."

"This comment is especially insensitive given the tragic and fatal cases of domestic violence in Harlow in recent years."

"Two women a week are killed by their

current or ex-partner - domestic violence is no laughing matter and Cllr Danvers as a senior Labour Councillor should be ashamed. There is no place in Harlow for jokes about domestic violence."

Councillor Joel Charles, deputy leader of Harlow Conservative Group, said: "Casual jokes about wife beating have no place in politics. I hope the new interim leader of Harlow Council, Emma Toal, takes action and sacks Cllr Danvers."



From left: Roger Hirst, Councillor Michael Danvers, and MP Robert Halfon



Edinburgh Way was closed following the road accident involving the cyclist and a lorry

Driver to face charge after cyclist is injured

A DRIVER will appear in court after a collision in Harlow left a cyclist with life-changing injuries.

Edinburgh Way was partially closed on September 20, 2017 after a collision between a lorry and a bicycle, which was being ridden by a 59-year-old man.

The victim suffered multiple injuries to his legs, arms and head as a result of the collision and he was flown to The Royal London Hospital immediately after the crash.

Confirmed

However, police have confirmed that a man will now appear at court in relation to the incident.

Thomas Robertson, 57, of Millbank Road, Stranraer in Scotland, has been summonsed to appear at Southend Magistrates' Court on January 30.

There he will face a charge of driving without due care and attention.

A statement from Essex Police immediately after the incident in September said: "Any witnesses who have any dash cam footage who haven't made themselves known to officers at the scene, are asked to call Essex Police 101."

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Tributes to an ex council boss and community hero

A FORMER chairman of Harlow Council dubbed by many as a 'champion of human rights' who stepped out in one of the longest running strikes in the town, has died.

Harry Talbot, who was a leading force on the picket line while working at Pitney Bowes in 1971, was a Labour Party stalwart all his life, as well as an active trade union member.

He came to Harlow in 1958 and was a local councillor for 17 years and the town's chairman for two years between 1992 and 1994.

He became a member and secretary of the Harlow Pensioners Action Association in later years.

His daughter Debra said: "Dad worked well beyond his retirement years helping youngsters get jobs, get homes, and working with mental health service Nacro in his 70s.

"He was a very passionate person when it came to politics. But he was very loving and caring also. His true passions were his family, fighting the corner of the working classes, for fairness, for supporting the young and old alike, for peace and basic human rights and West Ham.

"I'm sure that there may be many people in the town's Labour Party that still remember him during his 'glory' years, before and since, especially Stan Newens.

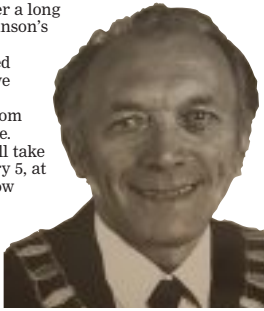
"He was often approached by people, even recently, thanking him for his help in the past. They never forget him. I hope the town he loved never does either."

Mr Talbot died on January 7, at the age of 87, after a long battle with Parkinson's and dementia.

He was married twice and had five children and 11 grandchildren from his first marriage.

His funeral will take place on February 5, at 11.30am, at Harlow Crematorium.

Harry Talbot was a fervent supporter of pensioners



Lauren gets surprise underwater wedding chosen by Gary Bride and groom take the plunge in TV show

By Sophie Finnegan
sophie.finnegan@essexlive.news

A COUPLE from Harlow took a dive into the unknown when they appeared on hit show Don't Tell the Bride.

Lauren Dongray, 28, got the shock of her life when husband-to-be Gary, 30, chose to have an underwater wedding on the show.

The hit E4 show Don't Tell the Bride involves the production company handing over £14,000 for you to plan your dream wedding.

However there's a catch – the groom is trusted to plan the entire wedding for a whole three weeks with no contact from their fiancée.

Joke

Out of 16,000 applicants, eight lucky couples were chosen for the hit E4 show, including the Harlow couple.

They saw the show advertised on Facebook looking for couples in Essex to take part and Lauren urged Gary to apply as a joke.

Lauren said: "We were only engaged for about two weeks when I said as a joke that we should apply.

"He said confidently that he could do it quite easily.

"It was an intense interview process, we applied online then we had to do our interviews.

"We went down to London for our second interview on film to see how we were on camera.

"They then came to our house and met our parents and bridesmaids and best men before they said they wanted us on the show.

"We applied as a joke, we were only engaged for two weeks when we applied, and six months when we got



The couple got married under water

married.

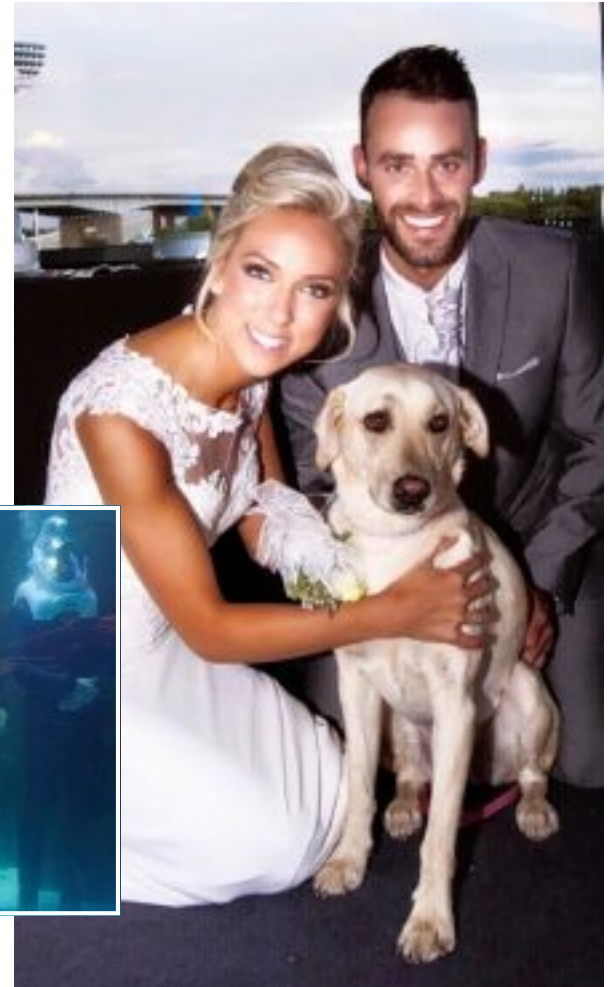
"I was relieved and happy because we got £14,000 so it meant we didn't have to save for a wedding."

Lauren added: "I was very relaxed for three weeks but for Gary planning the wedding, he found it very stressful even though he was so confident initially.

"I was confident, I knew it was not going to be a traditional wedding. I have never had expectations, I haven't been looking at dresses or venues. I knew it was going to be something different.

"We met on Plenty of Fish and so we wanted something to represent us, there were lots of ideas.

"Gary chose an underwater theme, it was exciting and different, and he



Lauren and Gary with their dog Gizmo

did a really good job.

"Everyone was saying 'she's getting in in her wedding dress'. They were more mortified than I was. I got two identical dresses so I could change into another dress and my hair and makeup were fine, you couldn't tell I had been underwater. It was not a big deal.

"It was held at Manchester Rugby Club, which I wouldn't have chosen myself but he did up the venue really nice. We had a DJ, singers, he put fish bowls in the middle of the table with little fishes in them.

"He was very thoughtful, he did a

great job. I would recommend it but you have to be somebody that is laid back.

"Some people come in with big dreams of venues and dresses but you're not going to get it.

"I have been watching all the episodes and most of the brides are crying and fuming.

"You just have to be quite laid back and relaxed."

■ Lauren and Gary's episode of Don't Tell the Bride was shown at 9pm on E4 on Wednesday this week (January 24). You can watch it on Channel 4's on demand service All 4.

Worried mother and father went to son's home and found him dead

PARENTS who found their son dead at his home said he had stopped using his mobile phone days before they found him.

Daniel Thomas Kelly, from Harlow, was found by his mum and dad who went to his home after not hearing from him and being concerned for his welfare.

Mr Kelly, 32, from Hailing Hill in Harlow was pronounced dead when paramedics arrived the same day on October 21, 2017.

His parents said that they gained access to his mobile phone following his death, and found that he had stopped sending outgoing messages and communication from October 16.

A post mortem was carried out at Princess Alexandra Hospital which determined the cause of death to be respiratory failure due to aspiration pneumonia, and drug misuse, listed as morphine and codeine.



The inquest was opened on Monday

Cannabis oils were also listed on the toxicology report.

Fatty liver disease was also declared as the second cause of death.

Temporary inspector Matthew Allsop was called as an expert witness at Mr Kelly's inquest on January 16 in Chelmsford.

He said: "There were no suspicious circumstances, we made house-to-house enquiries

and there was no sign of forced entry." Inspector Allsop said that bottles of prescription medication were found next to Mr Kelly when he attended the scene.

His parents were also at the inquest.

They said: "This is quite out of character. He used to be cautious of medication, he was very careful with it. He wouldn't take medication, only if he was in extreme pain.

"He was in agony with a back problem."

Senior coroner Caroline Beasley-Murray said: "This was a sudden and unexpected death, and so it was reported to me and police attended. I am going to record an open conclusion.

"We will never quite know what happened, it seems he took medication and vomited on his chest."

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Police in hunt for masked men after two stabbings in just half an hour

Gang made off with a Mercedes car in one incident

By Tommy Wathen & Richard Duggan
newsdesk@essexlive.news

ESSEX Police are investigating two stabbing incidents in Epping.

In the first of the two incidents police received reports that a man at been stabbed in Epping High Street, at around 2.30am on Sunday.

The victim, who was in his 20s, was taken to hospital with non-serious injuries.

At this stage, no arrests have been made in connection with this stabbing.

Around 30 minutes later a man was stabbed by a gang of six mask-wearing robbers who took his car during a late-night attack.

Masks

Six men wearing masks approached the man in his 20s on Cottis Lane, in Epping, at around 3am on Sunday (January 21).

One of the gang stabbed the victim with a knife, before stealing the keys to his black Mercedes.

All six men got into the vehicle and headed away from the scene in the direction of Chingford.

Two Essex Police officers posted on social media to confirm that two stabbings had taken place in the Epping area.

Detective inspector Hayley



The Mercedes car stolen during one of the two stabbing incidents in Epping this weekend. It has still not been recovered

King posted on her Twitter feed at 5.52am revealing that her second night shift in a row involved knife crime - this time in Epping.

King's tweet reads: "Night two down, one to go. More knife crime again with two people injured with knives in Epping. Left an empty night book for public protection again."

"I wonder if @DCIElliottJudge will give me a bonus if I manage three nights on the trot! It will all change when I get back!"

At 6.41am, sergeant Simon Phillips posted on Twitter, where he also confirmed two stabbing incidents in Epping.

His tweet said: "What a night that was!"

"Domestic assault reported. Victim and suspect left the area but we quickly found them, safeguarded the victim and arrested the suspect."

"At the same time two stabbing incidents to manage in Epping. B shift have all worked really hard tonight! Time for bed!"

It is unclear at this stage whether the two incidents are linked or whether the stabbings are related to the police incident outside Epping tube station last night.

Essex Police have been contacted for comment.

Witnesses or anyone with information is asked to contact Loughton CID on 101, quoting reference 42/9660/18.



A man, arrested in this operation, was given 190 hours to pass the drugs or the police will apply for more time

Long wait for man to pass suspected drugs in cells

AN ALLEGED member of a London gang has been in police custody in Harlow all week, with police saying he will be detained until he passes class A drugs believed to be inside his body.

Officers from Essex Police's Operation Raptor West team arrested the man for failing to stop for police in Ladyshot and possession with intent to supply class A drugs on Wednesday afternoon last week.

On Twitter, the team said: "London gang nominal arrested for failing to stop for police and possession with intent to supply class A drugs, male doesn't think we have the power to keep him until he removes said items from his bottom."

Just before 1pm on Thursday

(January 18), the force tweeted that the male had still not given up the drugs and was charged with two counts of possession with intent to supply.

Chelmsford Magistrates Court issued a 190-hour detention warrant for the man to pass the items - and 144 hours later, on Tuesday, he had still not done so.

On Twitter, the force said: "Chelmsford Magistrates' Court have issued a 190 hour detention warrant for the male to pass the items concealed, if they are not passed during that time we will apply for more time."

Operation Raptor West is Essex Police's gang and urban street crime unit for Harlow, Epping Forest, Brentwood and Thurrock districts.

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Fire crew frees woman after crash

A WOMAN was trapped in a car after a serious collision in Harlow.

The incident happened on the A1019 Velizy Avenue Southbound between First Avenue, Mandela Avenue and the A1025 at Third Avenue.

The woman's Suzuki Swift collided with a Volkswagen Golf at around 4.50pm on Thursday (January 18), according to police.

Traffic in the area was heavily congested, with queues tailing back for three miles.

A spokesperson from Essex Police said: "Police were called shortly after 4.50pm today, Thursday, January 18, with reports of a collision involving a Suzuki Swift and a Volkswagen Golf in Velizy Avenue, Harlow.

"A woman in the Suzuki was freed from the vehicle by firefighters and taken to hospital as a precaution."



A woman was freed from her car after a collision in Harlow

Senior Essex police officer found guilty of misconduct

Deputy Chief Constable was 'angry man'

By Alasdair Hooper
alasdair.hooper@essexlive.news

ESSEX Police's Deputy Chief Constable, Matthew Horne, has been found guilty of three counts of misconduct after pushing and throwing a stress ball at a colleague.

Horne, who has been on secondment with the National Crime Agency, was charged with three counts dating back from 2015 against two of his Essex Police colleagues.

The first count refers to an incident involving Superintendent Glenn Maleary, when Horne is said to have become angered after a discussion about the Force Control Room's performance.

Maleary told the hearing: "I was taken aback by the manner, the language and the abuse that came out.

"He continued to litter the conversation with the 'f' word and the 'c' word. He stood above me on a slope leaning towards me.

Language

"As a police officer, you are trained in conflict resolution and you look for signs that someone is angry. From his language, I knew this was a particularly angry man in front of me."

He then said how Horne clenched his fists and said he told him he had to leave before "he hit something".

The second and third counts relate to Chief Superintendent Carl O'Malley who claimed Horne pushed him onto a desk after a heated argument.

He also claimed Horne threw a stress ball at his neck which left a red mark.

At Chelmsford Civic centre last Friday, the hearing, which was chaired by Dorian Lovell-



Essex Police's Deputy Chief Constable, Matthew Horne

Pank, found him guilty of all three counts of misconduct. It will then be down to Essex

Police and the National Crime Agency to determine what punishment is handed out.

REACTION: What the force said about the verdict

AN Essex Police spokesperson said after Matthew Horne's hearing: "We note the findings of the panel.

"A further hearing will be held in public in due course in order that the Chief Constable, as appropriate authority, can decide on what sanction will be applied.

"Those sanctions include management action, written warning, final written warning and do not include dismissal.

"These events happened over two years ago, since when Essex Police has been inspected on

ethical conduct and leadership by Her Majesty's Inspectors who found that "... leaders are aware of the importance of an ethical approach and act as ethical role models."

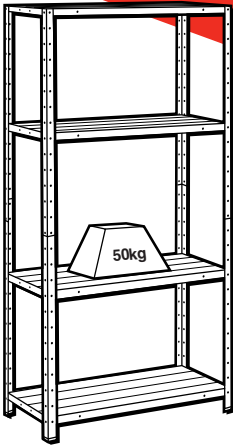
"We will reflect carefully on the detailed panel findings and will of course look to ensure that any wider learning for the force is taken on board."

Roger Hirst, the Police, Fire and Crime Commissioner for Essex, said: "The vast majority of Essex Police officers and staff behave with exceptional professionalism.

"However it is important that if an issue or complaint is raised in relation to any police officer, regardless of their seniority or rank, then the public and police colleagues need to be confident that those issues will be fully and fairly investigated.

"While I am unable to comment on the particulars of this case, I am assured that all of the correct processes are being followed and that the hearing has been heard in an open, transparent and independent way."

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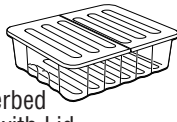


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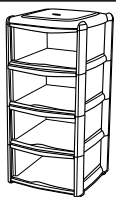
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Anger over 'disgusting' ram raiders

■ From Front page

will have on customers who shop at the newsagents.

Sharon Walker, who works at Metvest Pharmacy, a few doors down from the convenience store, said: "It is disgusting and the people who do it have no morals."

"It is really about the impact it has on the locals and the regular shoppers."

However, others believe the stores will not suffer.

One trader, who wished to remain anonymous, said: "Martins is still operating – it is one of those things that shouldn't happen but does happen."

"Staple Tye has always had a bad reputation and all it has done is cause annoyance because the cash machine is out of action."

Police believe between two and three people made off with the cash machine in a small black car after removing it from the store.

Half of the shop front remains boarded up and some customers are currently unable to withdraw cash as there are no other ATMs in the area.

A spokesperson for Essex Police said: "We are investigating following a burglary at the Martins newsagents in Southern Way, Harlow. The Mitsubishi was left at the scene and a significant amount of damage has been caused to the shop."

■ Anyone with any information is asked to call Essex Police on 101 quoting the crime reference number 42/10015/18 or Crimestoppers anonymously on 0800 555 111.

BANDS BACK WITH A BANG: A year on from playing the last gig Live music has found a new town venue



By Alasdair Hooper
alasdair.hooper@essexlive.news

ONE YEAR on from the closure of Harlow's much-loved music venue The Square, live music in the town is back with a bang.

Club Foot – a brand new live performance venue – has been included in the line-up of a national celebration of music.

The venue, which is at Burnt Mill Academy in Harlow, was launched by the Christian O'Connell Breakfast Show on Absolute Radio with an appearance from British artists Kasabian.

Next month, Club Foot – which

is named after a Kasabian song – will become one of the small venues across the country taking part in Independent Venue Week.

Pub rock legends Eddie and the Hot Rods – featuring former Burnt Mill Academy student Richard Holgarth – will perform at the new venue on Friday, February 2.

The event marks one year since the last ever gig at The Square, headlined by Eddie and the Hot Rods, before its closure and falls in the band's last year of performing, as announced last week.

"We are trying to keep live music going in the town," said guitarist Richard, who attended Burnt Mill in the 1970s, still lives in Harlow and is a former co-owner of The Square.

"Club Foot is the nearest thing



Club Foot hopes to bring back much of the charm of The Square



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Eddie and the Hot Rods will perform at the event

we have to a venue which can afford artistically to put music on in the town which does not follow the usual format of cover bands. It's quite a gamble for pubs to put on original music and that's what The Square was all about and we

"We are trying to keep live music going in the town,"

Richard Holgarth

hope Club Foot will be about.

"The new venture is absolutely great. Having been at Burnt Mill in the early 1970s when the school was shiny and new and the hall

was used a tremendous amount for plays and music, it's been really pleasing to restore the stage to its original dimensions.

"This is the last year we will be touring and we have received such wonderful messages from people who we hope will come along to this event."

Adam Smith, Club Foot manager and former co-owner of The Square, said: "It has been a great year for us.

"A suggestion in passing has turned into a reality, which was given a massive boost thanks to the Christian O'Connell Breakfast Show. Since then, we have been working hard behind the scenes and have hosted some great events, having the honour of working with Steve White and Al

Murray on the tribute to Bob Armstrong; hosting the Harlow is 70 Scooter Ride and watching young people rock at the Battle of the Bands.

"We have made vast improvements to the facilities available for use by Burnt Mill Academy and their summer and winter productions were amazing to see.

"We're very pleased to be a part of Independent Venue Week and are proud to be hosting Eddie and the Hot Rods – the last band to ever play on stage at The Square.

"Club Foot is about providing a local place where you can come and enjoy quality live music."

■ The event starts at 7.30pm and is for over 16s. Tickets, costing £10, are available at <https://www.independentvenueweek.com/>



The Square

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Memorial to DJ killed in crash is covered in rubbish four times in four months

Family upset as fly-tippers ruin roadside cross

By Richard Duggan
richard.duggan@essexlive.news

THE SISTER of a popular DJ killed in a car crash has hit out at "heartless" fly-tippers who dumped doors, a fridge and shattered plastic on his roadside memorial.

Adam Hiskey, from Ongar, was just 26 years old when he died on April 9, 2002, following a late-night car crash on the A414.

Shortly after his death, Mr Hiskey's family laid a memorial stone and cross at the layby where he lost his life – a place where they could lay flowers and think of happier times.

But in recent months, the grassy verge has become a hot-spot for fly-tippers to dump their unwanted waste, with the most recent spate leaving the memorial vandalised and in need of repair.

Mr Hiskey's sister, Diana, has revealed how the actions have left the family bereft.



Adam Hiskey

"This is the fourth time since October it's been fly-tipped on," said Diana, 35.

"Mum and Dad put the memorial there, it's been there since 2002.

"The council have been clearing it but they haven't found out

who has done it, it's getting worse."

The first two incidents of fly-tipping took place in October, followed by another in November and the most recent one occurring during the early hours of last Saturday morning.

Mr Hiskey's memorial includes a black marble stone, inscribed with his name, date of death and the words "DJ Mad", alongside a wooden cross which bears his name printed on a licence plate.

Among the items dumped on top of or near to the memorial were old wooden doors, shattered pieces of plastic and discarded white goods.

The most recent mindless actions have left the cross beyond repair, meaning Mr Hiskey's father, Ron, will have to make a new one.

"My mum and dad are very low and upset about it," added Diana, who lives in Jacksons Close, Ongar, with her daughter:



The memorial to Adam Hiskey was damaged by flytippers

"You can see the damage from their house.

"We drive past it every day. I take my daughter to nursery and the bus stop is in front of it.

"I'm just so angry, it's upsetting for my family."

In addition to having somewhere to go to think about Adam, the family decided to create the memorial as a way to remind others about the dangers of driving on that stretch of road.

Diana, who only discovered her brother's memorial had been targeted again after being warned by a friend on Facebook, had to break the news to her sister Michelle.

"My sister is upset, she didn't realise so I had to go and tell her on Saturday morning," she said.

"My mum is really upset – my dad says if it carries on we will have to remove it.

"It's part of our family – every time I see it it's upsetting."

Diana, a single mum with a four-year-old daughter, has nothing but praise for the council team which has promptly cleared the rubbish from the site each time.

However, she feels that cameras should be erected to catch those responsible, as the layby is now known as a place to get rid of unwanted items.

Diana is also concerned that



Diana Hiskey

drivers who slow down to look at the waste are at risk of causing further accidents.

"I just can't believe it – it's so disgusting and heartless," she added.



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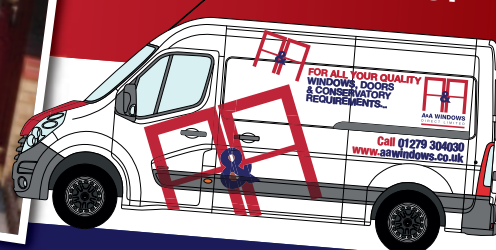
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Bereavements



SUZANNE MARIE BROWN

Tragically at home, in Braintree, on 16th December 2017, aged 33 years. The Beloved Daughter of Tony and Jenny, a Dear Sister to her Twin Brother Kevin, Rebecca and Perry. A Devoted Auntie to Gracie, Maddie, Sean, Flynn and Kaydee. She will be Sadly Missed by her Heartbroken Nan Ivy, her Aunt Maggie and Uncle Mick, work colleagues and all her Loving family and many friends. Suzanne's Funeral Service will be held on her and Kevin's Birthday, Wednesday 31st January 2018, at Parndon Wood Crematorium, at 1.45p.m. Family flowers only please, donations if desired to be divided between The Great Ormond Street Hospital Renal Unit, The Cancer Relief Macmillan Fund and the Masterson Cuddle Cot Fund. Cheques made payable to MFH Charities Account. All enquiries and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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John CALVER

Passed away peacefully at Addenbrookes Hospital on 10th January 2018, aged 83 years. He will be sadly missed by his wife Linda and all his family and friends. Funeral service will take place at Widdington Parish Church on Wednesday 31st January at 2.00pm. Family flowers only please, but donations payable to 'GOSH' (Great Ormond Street Children's Hospital) may be sent c/o Peasgood & Skeates, Shire Hill, Saffron Walden, CB11 3AQ or via John's In Memory Page at www.peasgoodandskeates.co.uk

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Kathleen Diana CLANFORD (nee Rust)

Passed away in Torbay Hospital on 16th January 2018 aged 83.

Much loved and missed by Karen, Sue and Richard. Partners, Grandchildren & Great Grandchildren. May God Bless and keep you.

Funeral service will take place on Wednesday 7th February at St Lukes Church, Buckfastleigh at 10.30am.

Family Flowers only please but donations accepted in aid of Cancer Research UK by retiring collection or by forwarding on to Gill and Eales Funeral Services.

Bereavements

HILDA GRACE COLLETT

Sadly passed away peacefully on 13th January 2018 aged 93, surrounded by her family.

The funeral will take place at Cam Valley Crematorium, Great Chesterford on 2nd February 2018 at 11:00am.

Family flowers only, any donations to be made to Help for Heroes or British Red Cross sent c/o DC Poulton and Sons, 2 Chapel Hill, Stansted Essex CM24 8AG. Tel: 01279 813219.



PETER HEARD

Sadly passed away 7th January, at Princess Alexandra Hospital, aged 83 years.

Reunited with Pat, loving father to Suzanne, Linda, Mark and Steven, loving grandfather and great-grandfather. Funeral to be held at Parndon Wood Crematorium on Monday 29th January at 11.30am.

Family flowers only please, donations if desired to Cancer Research. All enquiries to Albert English Funeral Directors. Tel 01279 427362

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Wendie KING

Passed away peacefully on 24th December 2017 aged 78 years.

Much loved Wife, Mum and Grandma. The funeral service will take place at Parndon Wood Crematorium on Friday 26th January 2018 at 11:30am.

Family flowers only please. Donations for the Alzheimer's Society may be sent c/o

Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP Tel: 01279 426990. Alternatively please visit the 'In Memory page' at www.drobinson.co.uk

Leona LLOYD

Aged 67.

Dearly loved daughter and sister passed away after a short illness.

Funeral service to take place at Parndon Wood Crematorium on Monday 29th January 2018 at 12:15pm.

Family flowers only please. Donations to The Royal Free Hospital, London

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Sheila Patricia MAIN

Sadly passed away at home on Sunday 31st December 2017, aged 84 years.

Beloved wife of the late Derek.

Dearly loved mother of Alan, Claire & Lucy. Cherished Grandma to Alex, Luca, Cameron, Edward, Eliza & Meredith.

Funeral service to be held at Holy Cross Church Harlow, on Friday 2nd February 2018 at 2.30pm.

Flowers welcome.

Donations if desired, made payable to "Papworth Hospital Charity" may be sent c/o Daniel Robinson and sons, Wych Elm, Harlow CM20 1QP Tel: 01279 426990. Or via our in memory pages at www.drobinson.co.uk

Bereavements



SYLVIA FAY NASH

Peacefully in the Queen's Hospital, Romford, on 11th January 2018, aged 77 years. The beloved Wife of Alan, a dear Mum to Gary, Darren and Jennie. She is sadly missed by her 6 Grandchildren, her Brother and all her Family and Friends. Sylvia's Funeral Service is to be Held on Thursday 1st February 2018, at the Harlow Baptist Church, Fore Street, Old Harlow, at 1.00 p.m. Followed by Interment in the Parndon Wood Cemetery. Flowers welcome or if desired donations to Dementia UK. Cheques made payable to MFH Charities Account. All Further Enquiries, flowers or donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

MASTERSON FUNERAL HOME LTD

Edward NOAD (Ed)

Passed away on 13th January 2018 aged 48 years following an illness. He will be sadly missed by all his family & friends. The funeral service will take place at Parndon Wood Crematorium, Harlow, on Friday 26th January at 10.45am. No flowers but donations to "Cancer Research UK" may be sent c/o Daniel Robinson & Sons 79/81 South Street, Bishops Stortford CM23 3AL or via Web In Memory Page www.drobinson.co.uk

Betty POWELL

Of Bishops Stortford

Passed away peacefully after a short illness at Addenbrookes Hospital on 10th January aged 86 years.

Much loved mother, grandmother and great-grandmother. She will be sadly missed.

Funeral to be held at All Saints Hockerill, Bishop's Stortford on Thursday 1st February November at 1.00pm.

Flowers welcome, or if desired, donations can be made payable to The British Heart Foundation c/o Peasgood & Skeates, Shire Hill, Saffron Walden, CB11 3AQ or via Betty's In Memory Page at www.peasgoodandskeates.co.uk

Dave PRICE

Passed away peacefully on 3rd January 2018 aged 86 years.

Beloved husband of Babs, much loved Dad to David & Ann, and Grandad.

The funeral service will take place at

Parndon Wood Crematorium on

Wednesday 31st January at 3:15pm.

Flowers may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP Tel: 01279 426990

Meriel PRICE

Passed away peacefully on 16th January 2018 aged 77 years. Very much loved wife of Richard, Mum to Gemma and Grandma to Evie & Henry.

A Service of Thanksgiving will take place at St Michael's Church, Bishop's Stortford at 11:30am on Monday 29th January 2018.

Family flowers only. Donations for Alzheimer's Research may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP Tel: 01279 426990 or via the In Memory pages at www.drobinson.co.uk



family-announcements.co.uk/essex

Bereavements

**Peggy ROOKE
nee Felstead**

Passed away on Friday 19th January 2018 aged 85 years.

A much loved wife to Peter, a special Mum to Nigel & Susan, Sister, Nan, Grandma & Great Grandma who will be sadly missed.

Funeral service to take place on Thursday 1st February 2018 at Parndon Wood Crematorium at 10.45am.

Family flowers only please but donations for Diabetes UK may sent
c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts CM23 3AL Tel 01279 655477

Alan Arthur SEABROOK

Passed away peacefully on 4th January 2018 aged 78 years.

He will be sadly missed by his loving wife Barbara, sons Andrew, Ian & Philip.

Much loved grandad to Alex, James & Tatum. Funeral service to be held at Parndon Wood Crematorium Harlow on Tuesday 30th January at 1.45pm. Family flowers only please but donations if desired to Parkinsons UK may be sent c/o Daniel Robinson & Sons 79/81 South Street, Bishop's Stortford, CM23 3AL or made via the In Memory page at www.drobinson.co.uk

JOSEPHINE MARY SHAVES (JOSIE)

Peacefully in Addenbrookes Hospital, Cambridge, on 20th January 2018, aged 68 years. The beloved Wife of John, a dear Mum to Bianca and Jess and a wonderful and loving Nan to her 7 Grandchildren. She will be sadly missed by her Brother Tom and all her family and many Friends. Josie's Funeral Service is to be held on Monday 5th February 2018 at Parndon Wood Crematorium at 2.30 p.m. Flowers welcome or if desired, donations to Diabetes UK. Cheques made payable to MFH Charities Account. All enquiries, flowers and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

MASTERTSON FUNERAL HOME LTD

Cyril Ralph THAKE

Sadly passed away on Thursday 18th January 2018, aged 87 years.

Beloved Husband to the late Pauline.

Dearly loved Father to Cheryl & Linda. Cherished Grandfather to Laurence, Anthony, & Father In Law to Bernard & Shaun.

Funeral service will take place at Parndon Wood Crematorium, on Tuesday 6th February 2018 at 10.45am.

Family flowers only please.

Donations if desired made payable to 'The Salvation Army' - Harlow Branch, may be sent c/o Daniel Robinson and Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990. Or via our in memory profile page at www.drobinson.co.uk

MARY TUCK

Latterly of Elmhurst Care Home and Fullers Court.

Passed away on 17th January 2018. The funeral service to be at Parndon Wood Crem on Wednesday 31st January at 1pm. Family flowers only, if desired donations may be made to Cancer Research c/o Daniel Robinson & Sons Bishops Stortford

Bereavements

Joy Hetty TULLOCH

Passed away peacefully in Premier Court Nursing Home on the 23rd January 2018 aged 92.

Formerly of Allens Green, Sawbridgeworth, Joy will be deeply missed by her daughter Patsy, son Ian, grandchildren, great grandchildren, family, friends and all who knew her. Joy's funeral service will be held at St James Church, High Wych on Wednesday 31st January 2018 at 2.30pm followed by interment in the churchyard. For all other information please contact Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB Telephone 01279-7224766.

Acknowledgements

ROY W. BLACKWELL

Roy's family would like to send heartfelt thanks to everyone who attended his recent farewell service and for all of the wonderful tributes that he received. They are totally overwhelmed by the number of people whose lives he had touched. Please accept this as their only but most sincere acknowledgement.

Harry James LUCKIE

Anne, Richard and their families would like to thank everyone who attended Harry's funeral, for the donations to Cancer Research UK sent in his memory, the flowers and for the very kind messages and cards of condolence they have received.

Search **any announcement** online or place a notice 24/7

Janet WILSHER

Jan's family would like to thank everyone for their support at this difficult time. Special thanks to The Essex Skipper for a lovely buffet and also to Liz at Daniel Robinson & Sons for all her support

Allen JONES

Very grateful thanks to everyone who attended Allen's funeral service; for the many comforting messages of sympathy; T. Cribb for the use of their Bedford lorry, giving Allen a wonderful send off; Les & Ray at The White Admiral; Masterson Funeral Home for their total professionalism & care; but most of all Jerome and his parents for their support, sensitive and loving guidance. Nothing was too much trouble, Jerome thought of everything. Thank you all from the bottom of our hearts.

Linda, Angie, Paul, Ronnie & family

In Memoriam

John-Paul LOUGHLIN

Died suddenly and unexpectedly of undetected heart disease on 29th January 2014. Aged 34 years.

Adored son of John and Janice and much loved brother of Liam and Neil.

The pain never goes away!

Buachaill álainn
Beidh grá againn duit go deo.

X X X X

In Memoriam

Sandra Rose SYKES

2 years ago today we had to let you go, as the days go by, it still hurts us so. We wish you were here to make memories with us, your husband, your children, your grandchildren plus.

Angels have taken you, yet we still feel you here, not a day goes by that we don't shed a tear.

Releasing our balloons, maybe one or two, to remind you just how much you're missed and that we all Love You

Fred, Nicola, Julie, Paul and all your grandchildren xXx

Josephine WRIGHT

(24.01.14)

In memory of a loving, kind and caring mum, nan and great-nan. You are missed every day and will always be in our hearts and thoughts.

Ade and Carol, Malcolm and Pat, Duncan and Jackie, and families

Search **any announcement** online or place a notice 24/7

family-announcements.co.uk/essex

In Memoriam

STACEY CRISP

12/12/59 - 27/01/92

In loving memory of our dear son Stacey. We miss you every day. Your love, your smile will never ever be forgotten. Always in our hearts. Love you Mum and Dad xxx

STEPHEN ANDREW CLAYDEN

08.10.1954 - 24.01.2017

Missed by his wife Janet, family and friends.

LIGHT A CANDLE

LEAVE A MESSAGE

Search **any announcement** online or place a notice 24/7

Birthday Memories

KAY WELLS

You are always on my mind, especially the good times in Menorca.

Love you always, Pete.

xx

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YOUR VIEWS

LETTERS

Get in touch - tell us what you think

Email: community@hertsessexnews.co.uk

Twitter: @Harlowstar

Facebook: /HarlowStar

Shelling out for services we don't get

I WONDER how long it will be before the refurbishment of the town will be left to look run down again.

It was not long ago we were told the new signs for Harlow, which cost the tax payer, would bring people to Harlow, and yet the town seems to still be a run down ghost town.

The new flower pots and green in the town centre to name just one thing has been ignored and left to look run down.

Just like many of the services we pay for, we simply do not get that service.

A clear example, the flats in and around Katherine's and Summers, we are paying in our service charges for the blocks to be cleaned, which if we are lucky get looked at once a week and yet we, the home owners in the block, are charged £2,000 a year for that privilege.

I was told by Harlow council I must NOT mop and sweep our block (even though the tenants in the block are happy for it to

“
Am I the only person in Harlow that is fed up with this council?
Anonymous

actually be swept and mopped by me) as it breaches the my tenancy agreement, and yet Harlow Council ignore the photographic evidence and complaints of the same dirt and paper in the same place for days and refute the allegation that the block is not being cleaned.

Am I the only person in Harlow that is fed up with this council?

Am I the only person in this town that has tried to show some pride in where I live?

Name and address supplied

Poverty remains an issue in town

IN 2014 I asked three questions – is there food poverty in Harlow, is there poverty in Harlow and are people born and raised in Harlow living in tents because of the lack of social housing in Harlow?

In 2018 I ask the same questions.

Empirically I can answer and validate that food poverty and living in tents is still happening in Harlow.

The question I ask is why in a rich country like Britain citizens are suffering such indignities.

Our local MP has stated in the past that the country is bankrupt while accepting an increase in his and his colleagues' salary. Surely that is illogical at best and hypocritical at worse. Add the fact that he voted to cut £30-a-week in disability benefits to the neediest and you can surely see how a poor, unstable and mendacious government treats its weaker citizens. It is both disgraceful and disgusting.

Moreover, do residents who have worked for many years really want to hear politicians tell them they are scroungers, work-shy and idle after being made redundant, becoming ill or disabled and are "living" on £73 a week or less? Are residents really interested in knowing that having an "extra" room in their home, having brought up their families in that home, contravenes best practice and therefore they should "downsize"? Do residents really want to see the Red Cross and food banks on our streets asking people to support the needy in this country when the real culprit of their distress is this uncaring government? In respect to every question I suspect not.

Unfortunately, for those residents who are suffering

EMAIL YOUR
PHOTOS TO US
AT COMMUNITY
@HERTSESSEX
NEWS.CO.UK



PHOTO
of the week

Zuri, one of the Xerri family pets, taken by Martine Xerri in Leding Roding

these indignities no warm words will help them pay for food, fuel or housing. Neither will the pathetic use of political dogma seen and heard recently in Parliament. These politicians appear to want to accuse each other of causing the problems experienced by citizens rather than proactively and pragmatically addressing these serious issues.

Further, this government is

now trying to destroy our National Health Service, the greatest and most respected public service this country has and will ever have. Our NHS is beginning to show what seven years of austerity can do to it when not properly financed to carry out its overall objective of providing support, comfort and care to those that need it.

If you do not want to see

its demise then please stand up and tell this government and your local MP to start supporting and investing in its core strength: its nurses and doctors. If you do not then the National Health Service will be removed.

Let's hope that those residents that need help, comfort, support and care in 2018 receive it.

Gary Roberts
Carters Mead, Harlow

WEBCHAT

What our readers have been talking about online:

■ LIVE MUSIC BACK WITH A BANG IN HARLOW ONE YEAR ON FROM CLOSURE OF THE SQUARE

Rob Jones: Excellent news, the town has sorely missed a live music venue, and what better place to take the reins than good old Burnt Mill School, here's to the future stars of Rock n roll.

Club Foot Harlow: We're

really looking forward to hosting Eddie & The Hot Rods!

Julie Ansell: Excellent news xx

■ TESCO HAS CHANGED ITS CLUBCARD REWARDS AND CUSTOMERS ARE FUMING

Simon Clarke: But you're still getting something for nothing. OK you have to buy goods to get your

points but still.

Janet Piper: I'm on a Tesco mobile, so I just collect them to use towards a new phone, takes the price down dramatically.

■ POLICE ISSUE WARNING OVER FAKE FRAUD DETECTIVES AFTER STRING OF INCIDENTS IN ESSEX

Wendy Anne Tubb: It's not only Essex it's happening as it also happened to my

stepmother over Christmas & she lives in Buckinghamshire.

■ BROTHER AND SISTER HAVE BABIES ON EXACTLY THE SAME DAY IN HARLOW HOSPITAL

Zina Abdullatif: Wow that's crazy but nice the babies will grow up together.

Gill Didcock: How wonderful.

Deb Mills: So cute xx

CONTACT US

Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words. The News reserves the right to edit material.

Email your pictures in JPEG format marked 'Your Views'

Please add your name, where you're from and where you took the photo. We reserve the right to reuse pictures at our discretion.

TALKING POINT

Concern at the lack of funds from Government this winter

THE BIG QUESTION:



How is the NHS winter crisis affecting our local area and what needs to be done to improve it?

LABOUR



Cllr Eugenie Harvey

HARLOW Labour Party is deeply concerned about the lack of funded provision from the Government in preparation for the current winter crisis in our NHS.

Our local MP seems unable or unwilling to address this issue direct with the Minister for Health.

It appears the Government may be promising us a new hospital but has failed to resolve the crisis as it affects Harlow today; the A&E department struggles to deliver the national four hour standard and the nurse

vacancy rate stands at around 25 per cent, meaning that staff shortages have left wards struggling with the amount of patients.

Furthermore other local hospitals have changed into urgent care centres which only deal with minor injuries.

This creates an additional demand for services on PAH which deals with major injuries, life-threatening chest pains and head injuries as well as minor injuries.

Harlow Labour is in regular contact with the local

NHS unions and we have concerns about the long term effect these pressures will have on local staff and the local community.

The Labour group regularly hears stories both from patients and nurses about the long waits in A&E and conversations on the doorstep are dominated by the topic.

But one thing unites us – appreciation and respect for frontline staff who are working under tremendous pressure but still providing excellent care

The steps Harlow Labour is taking to press for action include asking senior councillors to meet with the CEO to discuss the crisis and what lessons have been learnt and asking the local health and well-being panel to urgently review the crisis.

Harlow has a seat on the County Health and Overview Committee and our spokesperson, Councillor Tony Durcan, Harlow member on Health Overview and Scrutiny Committee has already asked for this matter to be discussed linked to the

proposed STP consultation.

Cllr Durcan said “Over the last week I have visited most of the A&E departments. in Essex and it’s sad to report that PAH is the worst performing at the moment which is due to lack of funding and lack of space.

“It’s clear we rely far too much on the wonderful hardworking and dedicated staff in the unit.

“Winter isn’t over and I hope the trust recognises the commitment their staff makes.”

CONSERVATIVE

ENSURING access to health and social care provision must always be a priority. Harlow needs new health and social care infrastructure to manage local demand all year round.

I think it is important to recognise the work of all the health and care professionals working across the town.

They are the frontline, dealing with winter pressures and determined to transform health outcomes in our community. Princess Alexandra Hospital is at near full capacity, dealing with among the highest rates of

accident and emergency use in England.

Harlow needs investment to manage increasing demand. I am supporting Robert Halfon’s campaign to secure funding for a new Harlow hospital. Robert aims to secure capital funding for a new health campus, bringing together accident and emergency services, GP provision, social care, physiotherapy and a new ambulance hub, to meet our modern health and care needs.

One of my key areas of interest is social care provision. Harlow has been named as Britain’s most rapidly ageing town, second



Cllr Joel Charles

only to London.

The current flu outbreak has highlighted the need to improve capacity and reduce pressure on accident and

emergency at this time of year, a health campus model could help manage the demands of our ageing population by incorporating social care provision – delivering a join-up of key services locally to drive better outcomes.

Last year Harlow marked its 70th birthday. This year marks the 70th birthday of the NHS. It would be a fitting tribute to mark our shared histories by leading the nation in developing a new health and care consensus around a campus model that could deliver the wellbeing needs our community will need for the next 70 years and beyond.

WHAT QUESTIONS DO YOU WANT ANSWERED?

Every week, we’ll be putting your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda.

EMAIL YOUR QUESTIONS TO COMMUNITY @HERTSSESSEX NEWS.CO.UK

YOUR COMMUNITY NEWS

Theatre company is going back to school for its latest musical show



Past production picture

RARE Productions is excited to announce that the next show gracing the Harlow Playhouse stage will be the teen smash hit *High School Musical*!

The second round of open auditions are set to take place on Saturday, February 3 at Harlow Playhouse from 2 – 5pm in preparation for show week, which will run from May 31 to the June 2.

Tickets for the show will be available for purchase from the Harlow Playhouse

website and box office.

The Disney smash hit musical unfolds on the first day after winter break at East High. The Jocks, Brainiacs, Thespians and Skater Dudes find their cliques, recount their vacations, and look forward to the new year. Basketball team captain and resident jock Troy discovers that the brainy Gabriella, a girl he met singing karaoke on his ski trip, has just enrolled at East High. They cause an upheaval when

they decide to audition for the high school musical, led by Ms Darbus. Although many students resent the threat posed to the 'status quo', Troy and Gabriella's alliance might just open the door for others to shine as well.

The auditions will run for about 20-30 minutes. Young people are auditioned in groups of 10-12, and will be taught an excerpt from a song from the show, a short dance routine and will be

asked to read a short piece of dialogue.

There is no need to prepare anything. Just be sure to wear comfortable clothing and footwear suitable for dancing – they cannot allow anyone to audition in socks or bare feet. It's all very relaxed and informal so they look forward to seeing lots of you there to audition for this exciting production.

There is no need to book an audition – just turn up in

the time slot appropriate to your age. These are as follows; 2 – 3.30pm (8-12 years old) or 3.30 – 5pm (13-21 years old)

RARE, the UK's largest youth musical theatre company, produce full shows on real stages and offers the ideal opportunity to work in the widest variety of professional theatres with over 12 years experience and more than 200 productions performed.

Participation in a RARE

production offers the thrill of performing in front of a live theatre audience as well as the chance to improve and develop ability in acting, singing and dancing.

Therefore leading to a wider social circle and the opportunity to work effectively as part of a team.

Their cast build confidence through the experience of performing in addition to improving their stamina and coordination during warm-ups and dance routines.

Harlow

■ **JAZZ GIG:** MUSIC at Marigolds on Friday, January 26. Doors open at 7.30pm with The Christian Brewer Quartet.

At Harlow Cricket Club, Chippingfield, Old Harlow, Essex, CM17 0DJ. Tickets: £10 on the door. See www.musicatmarigolds.co.uk

for more info or call 01279 421763

■ **COMIC MAESTRO:** Stephen K Amos returns to the Harlow Playhouse on Wednesday, February 7 at 8pm. Tickets are £18.50 and available by calling 01279 431945 or visit <http://harlowplayhouse.co.uk/>

■ **OPEN DAY:** Harlow Islamic Centre would like to invite people of all faiths and

traditions to visit their mosque on Sunday, February 18 from 10am to 4pm.

The address is Kingsmoor House, Paringdon Road, CM19 4QX. There will be children's activities, free henna, refreshments, an Islamic exhibition, Muslim Scouts, guided Mosque tour, try a Hijab. There will be the opportunity to meet new people and ask questions. For

more information email admin@harlowislamiccentre.org.uk

Magdalen Laver

■ **CINDERELLA:** The Lavers Entertainers proudly present Cinderella at the Magdalen Laver village hall, CM5 0EQ.

Tickets have already sold

out for performances on January 26 and the evening of February 3.

Limited tickets available on Saturday, January 27, 3pm and 8pm, Friday, February 2 at 8pm and Saturday, February 3 at 3pm.

Tickets are £8 adults and £5 under 12s.

Please contact Mark Baines on 07789 902185 or Nicky Baines on 07870 462330.

YOUR NEWS

■ We compile our Community News pages two weeks in advance of publication. If you'd like to include a future event please make sure you tell us in plenty of time so our readers can come along.



Yvonne Bunker, president; Jemma Williams, founder of Porridge and Pens; Sheila Clow, international fundraiser for Harlow Inner Wheel

Coffee event helped raise money for a good cause

HARLOW Inner Wheel organised a coffee morning with an image expert demonstration, and sale of jewellery, scarves and nearly new clothes on January 18 to raise much needed funds for Porridge and Pens.

Yvonne Bunker, who is President of Inner Wheel, opened her house for the event where 35 people attended including Jemma Williams, the founder member of Porridge and Pens spoke about the deprivation, poverty and disease she witnessed in the remote area of Ghana when she visited in a gap year prior to going to university to train as a teacher.

This inspired her to make a difference to young people's lives. The charity has built an infant and primary school in Ghana and offers free school lunches to

the 106 most vulnerable children from poor backgrounds aged between 0 - 11 years old.

Porridge and Pens works to reduce child abandonment and ensure families are supported to look after their children. It also supports the children via a feeding programme, tests and treated for HIV and Hep B and supports them through their education.

The event raised in excess of £425. Yvonne has many other events organised (including an Abseil in May), throughout her presidency year, including to raise money for local charity Harlow Young Carers.

For more information visit www.innerwheeldistrict24.org.uk, Facebook: Inner Wheel District 24 or for local enquiries email: harlow@innerwheeldistrict24.org.uk

New community project hoping to serve up ways to improve the area

A NEW community scheme aimed at raising money for local projects is to launch next month.

Harlow SOUP will launch in February with a campaign to kick start its community crowdfunding plans

Harlow SOUP will be a series of crowdfunding events aimed at promoting community development by raising money for new projects in Harlow.

It also hopes to encourage positive action and create

opportunities for new ideas.

The project's remit is that each idea proposed should have a benefit to the local community.

The very first Harlow SOUP will take place on Thursday, February 22 at Phoenix Live in the Town Centre. Entrance is on a "pay what you can" basis, with a suggested donation of £4.

At the event attendees will listen to four pitches from people wanting to make our community a better place

whilst sharing a meal and listening to live music.

At the end of the session, all attendees will vote on their favourite pitch and all money raised from the evening will be donated to the winning project.

The Harlow SOUP team has launched a crowdfunding page to help fund the event, with a need for items such as: utensils, soup warmers, voting booths and more.

Harlow SOUP is now open



Harlow SOUP is a new initiative from the same people who run the successful Herts & Essex Community Farm

to applications for new community projects, which can be done via their website www.harlowsoup.co.uk or emailed to harlowsoup@gmail.com.

gmail.com.

Winning projects will also be invited to attend the next event to speak about the success of their project and

the benefits for Harlow.

You can find the Crowdfunder page at www.crowdfunder.co.uk/harlowsoup

YOUR EDUCATION NEWS

Academy trust grows family with addition of secondary

THE Burnt Mill Academy Trust (BMAT) is welcoming another Harlow secondary school to its family.

Sir Charles Kao UTC will join the west Essex hub of the growing Trust in the near future.

The school will continue to specialise in the science, technology, engineering and maths (STEM) subjects with a view to preparing students for the world of work in these industries which have a shortage of recruits within the town.

State-of-the-art facilities offer students high level training, which is out of reach of the majority of secondary schools.

Since September, a gradual transition of ownership has been under way with Lisa Tooley put at the helm.

The new head of school, a former assistant headteacher within BMAT, has already brought about rapid improvements in behaviour, attendance and attainment which the Department for Education has confirmed in a recent monitoring report.

A high calibre of senior leaders has joined the school, having been instrumental in turning around the fortunes of other BMAT schools.

A new curriculum has been introduced with

resources shared from BMAT and 100-minute lessons brought in after improving outcomes at other schools within the Trust.

Mrs Tooley, who worked at Burnt Mill for ten years and will continue to teach maths at Sir Charles Kao, said: "I am over the moon to be working in such a fantastic environment with phenomenal facilities.

"The opportunity for development is outstanding and I have no doubt the school will be classified as outstanding in the future. This will become the school of choice for the academic elite and STEM students. "Our rapid improvement plan is already in place based on our team's extensive experience of turning Burnt Mill Academy and Epping St John's School around in recent years.

"This will be a completely new school. We are treating it as a brand new era which Harlow will benefit from."

Sir Charles Kao was graded as Requires Improvement by Ofsted at its last inspection in April and has just 59 students on its register.

From September, the school will enroll Year 10 students with a strong interest in STEM subjects with a view to carving out a career within those



Sir Charles Kao UTC

industries.

Allan Osborne, executive principal of the BMAT west Essex hub, said: "We have an exceptionally experienced leader in Lisa Tooley as head of school. The school is under completely new leadership with Lisa, myself and the rest of the Trust.

"On top of that, we are overwhelmed with support from industry partners including Pearson Training, Princess Alexandra Hospital, GSK and Raytheon who will work closely with us to ensure we are producing a talented workforce for the future, with internships, apprenticeships and funded university places on offer."

Helena Mills CBE, BMAT CEO, said: "This provision is going to provide the young people of BMAT and west Essex an exciting

opportunity to get top GCSEs in STEM subjects and access to some of the most highly sought after university and higher level apprenticeships.

"I am overwhelmed by the opportunities our business sponsors like Raytheon and Glaxo Kline are providing for our students; work placements, internships, mentoring, to name just a few. It means our students will have an advantage over their peers because they will have all these practical experiences. We also know our sponsors are constantly talent-spotting and so our young people will get noticed for those highly competitive apprenticeship positions. To me, this is a way of ensuring our students get the best jobs on offer in our area, working for great companies, without having

to rack up huge tuition fees.

"I am delighted by the massive improvements we have already been able to implement for both current and future students. This is a very exciting development and we look forward to working with the community further to explore the endless opportunities."

Robert Halfon MP said: "I wish Sir Charles Kao UTC every possible success under its new headship and leadership. It is great news that the UTC will have an exciting future of strong and quality technical education for Harlow students.

"Harlow is having a rebirth as a place of advance manufacturing, technology and health science. The success of our UTC will help ensure Harlow's young people are equipped with the



Head of School Lisa Tooley

skills and know how so they can climb the ladder of opportunity to ensure job security and prosperity for their and Harlow's future.

"Good luck to BMAT and all involved in making our UTC another Harlow success story."

MP unveils new report on fostering

HARLOW MP and Commons Education Committee chair, Robert Halfon, recently presented his report on Fostering to the House of Commons Chamber.

The main recommendations of the report were:

■ Ensuring all young people in foster care are meaningfully engaged, have full access to advocacy services and where possible are placed with their

siblings.

■ The establishment of a national college for foster carers, which will work to improve working conditions.

■ A national recruitment and awareness campaign to increase capacity in the foster care system.

Robert Halfon said: "Foster children in Harlow are some of the most vulnerable young people in our community but they are currently being failed by a care system which

doesn't meet their needs. Foster children shouldn't face the prospect of a dizzying number of placements nor should they be excluded from decisions about their future. Efforts need to be redoubled to place Harlow children with their siblings.

"We must also do more to recognise the valuable service which foster carers in Harlow provide. Establishing a national college, which

would work towards improving working conditions for carers and provide a resource for training and support, would help with this.

"Social Justice is the primary objective of our Committee and it is vital that fostered young people in Harlow are as able to climb the educational ladder of opportunity as anybody else. That is the purpose of this report."

Youngsters tried their hands at something different

THE final week of term saw traditional lessons thrown out at Epping St John's School.

Students in all year groups at the school, in Epping, spent the last few days before the Christmas break trying their hand at a variety of new subjects and skills.

Enrichment Week sees the school timetable replaced with sessions, visitors and workshops to open their eyes to life outside of the classroom.

The week saw –
■ Year 7 work with Anglian Water to look at the engineering behind water

saving techniques, putting what they have learnt in lessons into real-life situations,

■ Year 8 try out taster sessions of subject options they may select next year, including foreign languages, history, geography, art, drama, dance, media, PE and design and technology,

■ Year 9 take part in team-building exercises with the Army,

■ Year 10 look at life beyond school, focusing on building their CVs and discussing their options with outside employers,

■ Year 11 try out taster



Students in all year groups tried their hand at a variety of new subjects and skills.

sessions of subject options they could take at A-level, with a trip to Harlow College

Dustin Schuyler, assistant headteacher, said: "Enrichment Week is an opportunity for students to do things outside of the normal lesson structure with enrichment activities.

Within the curriculum we follow, there is not the time

to indulge in activities like this, so it is good to be able to step away for a week and apply the skills they have learnt in lessons into real-life scenarios. It gives them a taste of life beyond school.

"With so many visitors coming to take part in Enrichment Week, it's also an opportunity for students to showcase their skills and

to get input from people who are not the teachers they see every day.

"It's all credit to the school for finding the time to give students these enrichment opportunities as it's so nice to develop students as individuals."

There will be another Enrichment Week in the summer.

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School 'delighted' to have combined education forces with an academy

THE Royal Docks Community School is delighted to have officially joined the Burnt Mill Academy Trust (BMAT).

As of January 1, the school became part of the Trust which looks after schools in Harlow, Epping and Stansted, in Essex.

The Trust, which was set up in 2013 at Ofsted-rated Outstanding Burnt Mill Academy in Harlow, has assured the community it is looking to preserve all that is

good about the school.

Helena Mills CBE, BMAT CEO, said: "We are delighted to have been able to take Royal Docks Community School into our Trust, which has a policy of assisting its schools, but equally allowing them to develop independently.

"We have already seen many good things at Royal Docks, which we are keen to preserve. We look forward to further developing Royal Docks to ensure all students

can benefit from our experience.

"We have high aspirations for all of our students and we expect every child to leave us having achieved excellent examination results and the skills to enable them to further their education through apprenticeships or by attending university.

"As well as excellent results, we know that to be accepted to one of the Russell Group universities such as Cambridge, Oxford

or Leeds that students will need to demonstrate determination, resilience and a strong work ethic; these are qualities we develop in our students.

"We very much hope the students at Royal Docks, many of whom have these qualities, will benefit from this ethos and we will work hard to raise standards working closely with staff."

Royal Docks will retain the same co-operative values and culture of excellence it already shares with BMAT and the existing governing body will remain in place.

The school has been working with the Trust for the last six months, with John Blaney, former headteacher at Burnt Mill, taking on the role of executive principal for Royal Docks.

Andrew Ross, deputy head at Royal Docks for several years, has taken up the role of head of school.

Tim Harrison, chair of governors, said: "Governors have been working with Burnt Mill for many months to bring this new relationship to fruition.



"Our sole objective is, has and always will be to do the very best we can for all our students and this remains our priority. We are, therefore, delighted and excited by the opportunities of this new relationship and look forward to working with BMAT with all the benefits that will have for both our students and staff."

BMAT is responsible for a secondary and four primaries in Harlow, a secondary in Epping, as well as a secondary and primary

in Stansted. It is also building Harlow's first free school, due to open in 2019. Burnt Mill, an inclusive comprehensive, saw 97 per cent of students achieve five A* to C grades in their GCSEs in the summer, with 71 per cent achieving a combined result of five GCSE grades at national standard or above, including English and maths.

The Trust is able to staff its schools with high quality teachers, many of whom are developed within its own teaching school.

YOUR CHARITY NEWS

Women urged to join a sea of pink at the Race for Life

HARLOW women are being invited to kick-start the new year by signing up to Cancer Research UK's Race for Life.

Every day, 90 people are diagnosed with cancer in the East of England.

That's why the charity is urging women of all shapes, sizes, ages and abilities to enter the Race for Life 5k or 10k events at Harlow Town Park on Sunday May 13.

By signing up to Race for Life, women in Harlow will make a real difference in the fight against cancer.

Money raised will help Cancer Research UK scientists find new ways to prevent, diagnose and treat the disease, helping save more lives.

As well as the Harlow events, there will be a Race for Life 5k, 10k and Half Marathon taking place at Lee Valley Park on Sunday October 7.

This January, women are being offered 30 per cent off entry fees for Race for Life 5k, 10k, pretty muddy, pretty muddy kids, half marathon and hike events.

Courtney Culverhouse, Cancer Research UK's event manager, said: "January is the perfect time for women in Harlow to commit to getting a little more active in 2018 by signing up for a Race for Life and taking on a new fitness challenge.

"For those who need some extra encouragement to get moving, Race for Life offers the ultimate motivation.

That's because by taking part and raising money, participants will be helping to fund vital cancer research. "It's time to mark the New Year and make a resolution to remember. By joining like-minded ladies committed to the cause, local women can unite against a disease that affects us all in some way."

Courtney added: "Taking part in Race for Life is a hugely moving experience.

"It's a special opportunity for people to come together to remember loved ones lost to cancer or celebrate the lives of those dear to them who have survived."

One in two people in the UK will be diagnosed with cancer at some stage in their lives, but the good news is more people are surviving the disease now than ever before.

Cancer survival in the UK has doubled since the early 1970s and Cancer Research UK's work has been at the heart of that progress.

Cancer Research UK's Race for Life, in partnership with Tesco, is an inspiring women-only series of 5k, 10k, pretty muddy, half marathon and hiking events which raise millions of pounds every year to help



In the pink at Cancer Research UK: Race for Life 5km

beat cancer sooner by funding crucial research.

Cancer Research UK's life-saving work relies on the public's support.

Thanks to the generosity of its supporters, the charity was able to spend over £35 million last year in the South East on some of the UK's leading scientific and

clinical research, helping more men, women and children survive.

Courtney said: "Race for Life events are non-competitive and participants can choose to walk, jog or run around the course.

Whether they plan to pound the pavements or stroll to the finish, every step women

take will help to support life-saving research."

Dr Aine McCarthy, Cancer Research UK's senior science communications officer, said: "Signing up to Cancer Research UK's Race for Life is a great opportunity for women looking to kick-start a healthier lifestyle.

"Being regularly active has

long-term health benefits, as research shows that even moderate physical activity can help reduce the risk of cancer. Brisk walking counts – anything that gets you warm and a little out of breath.

"By taking part and raising money, women in Harlow will also be supporting our scientists and researchers."

Charity support for autistic children

PACT for Autism was founded by a group of parents with children on the autistic spectrum who know only too well the difficulties faced by families raising a child with autism.

The charity supports autistic children, adults, families and people with other similar conditions.

Working in partnership with education and health professionals, we strive to achieve the best possible outcomes for families who use the service.

PACT aim to develop long term strategies with local communities that will improve living, working and social opportunities for people with autism and similar conditions.

Parent support is at the heart of what PACT offer. Our parent support line is open term time between 10am and 2pm, if you have a query or would like to speak to one of our team, please call.

Our monthly parent/carer support and information meetings in Harlow and Bishop's Stortford give parents an open and understanding environment where they can discuss any difficulties they are facing with the PACT team.

We also hold monthly sessions at Wild 'n' Wacky in Harlow for PACT-registered families.

New families are welcome – you can register with PACT by speaking to a member of

the team on arrival.

The sessions are very popular with families as parents and carers can share experiences, while their children play in an autism-friendly soft play environment.

PACT for Autism host guest speakers for talks on autism and related issues. Fun days out for PACT-registered families are organised during the school holidays.

The charity use social media and monthly newsletters to distribute information from partner organisations offering events, advice and services locally and nationally, while the practical services directory on the website

contains a list of resources for all to access.

Talks and a training service provides training for organisations on request, these services range from schools, FE providers, corporations and the police.

To find out more information about the various services PACT offer visit the website at <http://www.pactforautism.org.uk/>.

PACT for Autism is a registered charity (No. 1148170).

The PACT office address is: PACT for Autism, Office 50, Latton Bush Business Centre, Southern Way, Harlow.

Or call the office on 01279 430300, alternatively the parent support line can be reached on 07837 606089.



PACT for Autism is based in Harlow

Volunteers appeal for hospice's flagship store

HASTINGWOOD-BASED charity, St Clare Hospice, is encouraging local people to join the team and get involved with volunteering in their flagship store located at the St James Centre, Harlow.

More than 230 local people, aged from 16 to 92 years, give their time to help out in St Clare's eight charity shops, located across West Essex and East Herts, offering their invaluable help in sorting donations, providing excellent customer service and maintaining the shop floor.



St Clare Hospice volunteers in the Harlow shop

Shop volunteer, Danielle Spicer, has been helping in the Debden St Clare shop for

over two years.

Danielle said: "Volunteering in a St Clare charity shop is

an easy way to help people, and a nice little job to have.

"I've made so many good friends just from working here – both colleagues and customers.

"There's such a happy atmosphere because we are all close, and we get on all the time. It's hard to put into words; it's like one big family here.

"It's easy to think that these kinds of places are just charity shops, and to forget where the money is going.

"Yet, because the hospice is local, the people around here usually have some

association to St Clare, and do know exactly where their money is going and who it is helping. I love volunteering because you can see that what you're doing is helping, and making a difference in your local community – you can see it happening.

"I love it here – I really do. At first, I was very nervous to meet so many people, yet everyone made me feel so welcome and at home.

"It was like I had always been here.

"Volunteering for St Clare has given back to me, and helped me with building

confidence.

"Now, I feel like I can do things that I wouldn't have been able to do before."

St Clare Hospice's Harlow shop is currently recruiting for more volunteers to help in the store located at Unit 2A, St James Centre, East Road, Harlow.

To find out more, phone voluntary services manager, Rob Wallace, on 01279 773722 or email rob.wallace@stclarehospice.org.uk or you can apply online at stclarehospice.org.uk/volunteervacancies/shop-volunteer-harlow/

BEARS emergency medics are on the fundraising trail

BEARS charity was formed in June 2011 following the merger of two previous organisations in the county, North East Essex Doctors Emergency Service (NEEDES) and Mid Essex Doctors Immediate Care Scheme (MEDICS).

BEARS is your local emergency medical charity. The charity equips and supports volunteer doctors and paramedics, enabling them to respond to critically ill or injured patients in the pre-hospital environment and provide support, additional assessment and treatment, beyond that of the Ambulance service.

All of our responders, are volunteers who hold additional specialist pre-hospital emergency care qualifications. The members are on call 24/7, to voluntarily respond to incidents across Essex, in support of the East of England Ambulance Service NHS Trust.

In addition to our doctor and paramedic responders, who go out both day and night from home, BEARS also have an enhanced care car which allows a doctor and paramedic to respond as a team. The car and its equipment was purchased entirely from public donations and allows enhanced care and support, to be delivered to those who are critically ill or injured.

BEARS do not receive any statutory funding; we rely

solely upon public donations, to continue our vital voluntary life saving work.

BEARS objectives are the relief of persons suffering injury or illness, by the provision of immediate medical care and in addition to advance the study of immediate medical care, by the provision of training.

This year BEARS will be celebrating 45 years of voluntary immediate care, being delivered throughout the county of Essex.

Sir Stephen O'Brien CBE former chairman of Barts Health NHS Trust and Supporter of BEARS said: "Bears do really wonderful work in saving lives through their emergency work in providing pre-hospital care and transportation to those who are very seriously injured and/or critically ill, often on the pavement or roadside. Minutes literally matter and speed and co-ordination are crucial in getting those suffering severe injury and trauma onto the operating table in the shortest possible time.

"I have had the privilege of watching this work from the Trauma Centre at The Royal London Hospital over several years and I know how the efficiency and professionalism of this car based service saves very many lives every year.

"The staff, including the medics, critical care paramedics and drivers, are



Clare Fitchett, Dr Richard Booker and Paul Gates, BEARS chairman

a highly trained and motivated team who need our support in their life saving work.

"Any support that you may be able to offer to this remarkable charity, on whatever scale, would be most greatly appreciated."

In addition to our work, 2018 will see BEARS attending community awareness events across the county of Essex.

BEARS are currently seeking to recruit non-clinical fundraising volunteers to support our

fundraising across Essex and in addition, we are seeking volunteers to help with our general charity administration duties.

Visit BEARS website where you can meet our clinicians, learn more about the work that BEARS do and find

further information on how to support or donate, to BEARS your local voluntary life saving charity.

Website: www.bearsmedics.org.uk
Email: lisa.thomas@bearsmedics.org.uk
Mobile: 07910 018874

LET'S GO!

Great ideas
for changing
your life in
2018

Admit it, being around the most productive person you know can be pretty exhausting... Watching them scroll through an inbox of categorised mail, show off a new skill they've mastered, and casually drop in the side project they've launched can be dispiriting – if you're the type of person that never seems able to get things done.

With the distractions of digital devices and ever-increasing workloads, taking control of our time can feel like a never-ending battle. But we all have the same amount of hours in the day – so why do some people just seem to have a knack of using them so well?

Contrary to what you might think, being productive isn't about losing sleep and burning the candle at both ends – it's about working smarter, not harder, and making the most of your time. A new year is a great time to streamline your life and make progress on personal projects.

Here, experts share their top wellbeing, nutrition and work tips for making this month your most productive yet...

1. Make a 'to-be' list

List-making is generally a disheartening business. You start off with good intentions, but by the time you've added up everything you need to do, you're overwhelmed by the sheer weight of tasks. Isn't it just easier to ignore it and watch Netflix? If this sounds familiar, Carina Lawson, founder of wellbeing planner Ponderlily (Ponderlily.com), suggests chalking up an alternative 'to-be' list.

"These lists are all about the end goal, and what you need to do to get there," she says.

"Write down the things you want to achieve in the long-term, whether that's penning your own novel or being more adventurous." The idea is that it helps you prioritise your important life goals over the insignificant tasks of day-to-day life. "Once the list is done, pin it up somewhere where you can easily see and be reminded of it," says Carina.

2. Declutter your home

Yes, it can be a daunting task, but taking the plunge to live with less 'stuff' can actually reward you with more time and better focus. Clutter can have a negative psychological effect and there's often a huge relief and satisfaction of letting go of non-essential items that are taking up space. "Look at the items you

“.....
Being productive isn't about losing sleep and burning the candle at both ends – it's about working smarter, not harder, and making the most of your time



Downing coffee and making endless to-do lists getting you nowhere? Liz Connor delves into the golden rules of getting things done

HOW TO BE MORE PRODUCTIVE

own and ask yourself if you've used each one in the last eight months," says life coach Jennifer Boon (booncoaching.com). "If you haven't, consider whether you will use it in the future. If the answer is no, donate it to charity or friends."

3. Eat for your brain

"I'm a huge believer that you are what you eat," says Sasha Sabapathy, founder of holistic remedy brand Glow Bar. "For a super productive 2018, I'm making sure my diet is full of brain-boosting super foods and adaptogenic herbs."

Foods high in healthy fats, like salmon, avocado and coconut oil, are amazing for brain health, as well as dark green vegetables like Tuscan kale, broccoli and Swiss chard, she adds.

Certain ayurvedic adaptogenic herbs, like Rhodiola, Ashwagandha and Holy Basil, are all also amazing for boosting brain

health and productivity."

Make sure you're not skipping breakfast.

"When we're asleep, our bodies adapt to a state of fasting, which means when we wake up in the morning it is very important to refuel," says Rhiannon Lambert, nutritionist and author of Re-Nourish: A Simple Way To Eat Well (£18.99, Hodder & Stoughton).

"Without breakfast, your brain and body are effectively running on an empty tank. By eating as soon as you wake up, you are giving your body a much better chance of feeling energised and productive than if you skip it."

4. Embrace a 'deep work' mentality

The beginning of the year is a great time to get stuck into a personal project. If you struggle to find the motivation to get started, the key could be to embrace a 'deep work' state.

"The idea comes from professor and author Cal Newport's excellent book Deep Work: Rules For Focused Success In A Distracted World (£14.99, Piaktus)," says Matt Searle, head of employer relations at Henley Business School Careers (henley.ac.uk).

"This is scheduled, focused work with no distractions: no phone calls, no social media, no checking the news and nobody interrupting. It's a chance to work on your most important projects."

Matt notes this might mean adjusting your schedule: "It might mean changing location and working for an hour two in a library or meeting room – there's lots of tricks you can use to make this happen."

"Personally, I like to start early and work on things before I even open my email, then I have a clear mind and an hour or so to really crack on with the things that I know are important."

5. Get your finances in order

The new year brings a chance to really assess your spending habits too.

"Checking your balance every day is a really good habit to get into," says Anne Boden, CEO of Starling Bank (starlingbank.com). "Personal finance apps mean you can track your spending insights and see exactly where your money is going. This means you don't get any nasty surprises at the end of the month."

She also suggests making some realistic saving targets to work towards. "Set a few which are achievable but also aspirational. It will make going to work on cold winter days feel much easier if you have an exotic, sun-filled holiday to save for."

6. Keep career-focused

"I'm adamant the best jobs never make it to job boards," says Benedicta Banga, founder of women's coaching Leadher Initiative (leadherinitiative.com).

"Some figures quote that more than 80 per cent of roles are never advertised, so don't wait until you need a job to network. Make a list of the people you would love to build mutually beneficial relationships with, so you can decide how to connect and strike up conversations."

She also advises drafting a

personal career development plan – "If you've never created one before, this will be a great alternative to making resolutions, especially if you don't tend to keep them" – and encourages everyone to pick a skill that's valuable in today's digital world, which could be anything from coding to photography. "Align it as closely as you can to your future ambitions."

7. Have a social media detox

The average person spends at least one hour and 40 minutes per day looking at social media sites and apps – a pretty astonishing amount of time.

"Taking some time away from technology is the perfect way to start the year on a productive note, while also making more time for personal connections," says Sasha.

"Make time to spend with loved ones and away from social media, and make sure you are without your phone for at least an hour before bed to get a good night's sleep."

"I think this is something we should all do more often," she adds. "Rather than cutting out food groups, or trying to go vegan, why not give yourself some time back by having a total blackout from app notifications?"

LET'S GO!

Is it the right time to make your move?

What will the 2018 housing market bring for buyers and sellers? Property experts share their thoughts

The housing market has been sending out some mixed messages recently. On the one hand there's talk of consumers being reluctant to make big decisions amid wider economic uncertainty and a squeeze on their living costs.

On the other hand, house prices have continued to climb in many areas, with reports of a lack of properties to choose from in popular locations.

So what's in store for 2018? Here's a look at what the market could bring for house prices, mortgages and first-time buyers.

House prices

In general, predictions have ranged from house prices being flat across the UK to edging up by a few percentage points by this time next year. Economists believe the squeeze on incomes from inflation will limit what buyers are willing to pay.

Robert Gardner, chief economist at Nationwide Building Society, says: "How the housing market performs in 2018 will be determined in large part by developments in the wider economy. Brexit developments will remain important, but hard to foresee."

Does that mean house price growth is expected to be subdued across the whole of the UK?

This year has seen been big differences between areas of the UK in how the housing market has performed. The Royal Institution of Chartered Surveyors (RICS) has said pricing in Scotland, Wales, Northern Ireland and north-west England has been resilient compared with

some other places.

While London has seen a cooldown, some other major cities, where housing affordability is less stretched, have been putting in a relatively strong performance.

Richard Donnell, insight director at property analysts Hometrack, says: "The likes of Manchester, Birmingham and Glasgow have seen market activity increase and this has delivered above-average price growth of 6-8% for the last 12 months."

Bargains for buyers

When it comes to sealing a deal, more house sales are now going through at less than the original price sellers had wanted, according to estate agents. For some buyers, they may find there's more room for negotiation, depending on what the local housing market is like at the time.

But the supply of properties on the market is still tight in many places, so sellers in these areas may feel more confident in holding firm on price.

Across the UK, 85% of properties sold for less than the asking price in November, according to NAEA (National Association of Estate Agents) Propertymark – the highest proportion since its records started in 2013. One in eight (12%) properties sold for the asking price and 3% sold above the asking price.

Mortgage deals

Despite the Bank of England hiking the base rate from 0.25% to 0.5% in November, in general, the mortgage rates on offer are still "extremely low", says David Hollingworth from broker London & Country Mortgages.

He says some rates on the fixed-rate mortgage deals on offer had started to edge up even before the base rate increase, with rates creeping up further across the mortgage market generally after November.

Home owners sitting on their lender's standard variable rate (SVR), which happens after a particular mortgage deal comes to an end, may want to consider whether they can get a better deal, he says, adding that many lenders announced rate increases to their SVRs in line with the base rate hike.

Hollingworth says some mortgage borrowers will be receiving their annual statements in January, which can help them to take stock of whether they should make switching mortgage their New Year's resolution or whether they are already on a good deal.

First-time buyers

Hollingworth says there are still plenty of mortgage options available for people with lower deposits.

Those who have slightly less than a 10% deposit may find quite a "substantial advantage" in being able to access a better mortgage rate if they can scrape together more cash to push themselves into the 10% deposit bracket, he says.

In some good news for first-time buyers, Hometrack predicts this sector will make up the largest group of buyers in 2018.

Donnell says: "We expect first time buyers to be the largest group of buyers in 2018 accounting for over one in every three sales (35%) and overtaking existing home owners (34%) as new purchases by investors fall in the wake of tax changes."



“

For some buyers, they may find there's more room for negotiation, depending on what the local housing market is like at the time

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LET'S GO!

Beauty trends

The tweaks, tips and fixes you need to rejuvenate your skin and hair

New Year resolutions that revolve around our beauty routine are appealing because who doesn't want to stay in and pamper themselves a little during the most depressing weeks of the year? And they don't require massive changes, just the odd tweak or extra bit of TLC.

We asked a host of experts for their top tips on how to rescue your skin and hair from the ravages of party season and put in place the habits that will make 2018 your most beautiful year yet...

1. Pay attention to your hands

"They get exposed to the elements, they are in and out of water and as a consequence can age more rapidly than any other site on the body," says Dr Sam Bunting, a Harley Street cosmetic dermatologist. "Get into the habit of wearing sunscreen on them daily (a moisturiser can double as hand cream) and rub any residual anti-ageing products onto the backs of your hands, rather than the palms."

2. Don't neglect your neck

"Or your décolletage, for that matter," Dr

Bunting warns.

"Everything should match from the face down to the chest so the same rules apply here, in terms of sunscreen use and topical antioxidants."

3. Give your hair a break

"Make this year's New Year resolution to turn down the heat on your hair – put the straighteners away in the cupboard and see how long you can last," advises trichologist Sally-Ann Tarver from The Cotswold Trichology Centre and Theradome GB. "This will not only save your hair from repeated heat destruction and improve your hair



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condition but you may find that being more inventive with your hair will open up a world of new styles to try."

4. Become a retinol regular

Sworn off retinol in the past because you had a bad reaction? It doesn't have to be that way.

"If you aren't used to it, retinol can cause tingling, dryness, peeling in the initial stages and redness. Starting on a lower strength and using it every second or third night until your skin can tolerate it are ways you can reduce these effects," recommends Dr Ruhul Amin, co-founder and medical director of Rejuvence Clinic.

The vitamin A derivative "helps stimulate the skin into producing collagen and speed cell turnover to even out discoloration and smooth the skin", Dr Amin explains, so it's worth starting slowly to reap the long-term rewards, but you should always use sunscreen the following morning.

5. Don't scrimp on the SPF

Speaking of sunscreen, aesthetic doctor Dr Christine Or, founder of Dr Christine Medical Aesthetics, says you shouldn't leave home without it: "Wear at least SPF 30 every day throughout the year, even on cloudy and rainy days as damaging UV rays can penetrate through cloud."

6. Give your scalp some TLC

"Swap your comb for a

large paddle brush," GHD UK ambassador Zoe Irwin advises. "Sweeping your paddle brush along the scalp lightly can help stimulate hair growth by improving blood circulation to the scalp."

"Healthy hair starts at the scalp," agrees Paul Windle, hairdresser and co-founder of Windle & Moodie. "Go that one step further and massage in your shampoo and let it work its magic for up to two minutes. Rinse thoroughly to unclog pores and get rid of excess build up to promote hair growth."

7. Go with your gut

"If you have developed skin issues such as rosacea or a worsening of acne, consider gut symptoms," recommends Justine Hextall, consultant dermatologist and medical director of the Tarrant Street Clinic. "Quite often, when I see an individual with worsening skin, I notice in the history it has followed a period of illness where high-dose antibiotics have been used. I always address this and talk about probiotic supplements and prebiotic foods that can encourage the natural gut flora such as garlic, leeks, onions, etc."

8. Repair your hair

"The importance of detoxing also extends to the hair – it goes through a lot with styling, pollution and environmental damage taking a major toll on your tresses," says Louise Jenkins,

Great Lengths education and creative manager. "Invest in a treatment programme, such as BIO A+O.E.'s 02 Restructuring Programme. Using active plant ingredients, the three-step system works to detoxify hair from chemicals and return it to its natural condition, regaining shine, silkiness and strength in 21 washes."

9. Fill up on fats (the good kind)

"My top tip for achieving healthy skin is to avoid low fat diets," says celebrity skin expert Abigail James. "Your body needs healthy fats for healthy cell function. This can be added into your diet through foods such as avocados, fish, nuts and seeds and plant oils such as flax and hemp. In addition, choose products that are kinder to skin and have fewer chemical ingredients."

10. Mask your hair damage

"Using a nourishing hair mask regularly will help keep hair in optimum health," says celebrity colourist Daniel Galvin. "A great tip is after you go for a gym session, smooth my Organic Head Argan Oil Detox Hair Masque through the mid lengths to the ends of the hair, and relax in the steam room for at least five minutes. The steam will help open the hair shaft and allow the nourishing ingredients such as Argan Oil and aloe vera to penetrate deeply into the hair. It will be just like having a salon treatment."

LET'S GO!

GO GREEN THIS YEAR

The little things add up, so you can make a big difference

Last year was another one for our planet. Global warming continued to lead to record-breaking temperatures, governments walked away from emission-cutting pledges, and pollution levels in British cities crept further up. In a media whirlwind of dire-sounding forecasts, it's easy to believe we can't make a difference - but we can.

Think about every plastic bag you've ever used, or every second you've ever left the tap on while brushing your teeth, and you'll realise how much the little things can add up. And by making even the most minor changes to our day-to-day, you can make a really positive impact.

So ditch the doomed annual fitness promise for some environmentally-friendly resolutions instead, and make 2018 the year you really go green.

1. Recycle like a pro

Sure, you might chuck plastics into a recycling bin already, but it's easy to get confused about exactly what can and can't be recycled - and most households end up throwing away things they shouldn't. Double-check you're recycling everything you can, and go above and

beyond too: take heavier-duty products to your local recycling centre, send old electrical equipment like TVs and laptops to be salvaged, and switch to using rechargeable batteries.

2. Cycle to work

Ask any cyclist why they pedal to work and they'll probably boast about skipping the sardine-packed train carriage every morning, the money they save on not having to buy petrol and the fact they never have to go to the gym. Add to that list the fact switching to a bike reduces pollution. Fewer than 5% of Brits pedal to work - do your bit to fix that by investing in a bike.

3. Switch to paperless billing

You can complete this step in the time it takes to read this article - that's how easy it is to go digital with all your bills and bank statements. Just head to your suppliers' websites and follow their instructions. Aside from its environmental impact, you'll appreciate not having important-looking papers cluttering up your home.

4. Start using green companies

Businesses are always looking to brag about how

environmentally friendly they are, but some are far better than others. Do some research and see how green your favourite coffee shops, clothing outlets or petrol stations really are; if you're disappointed, reward a more environmentally friendly rival by switching to them. Companies can use their resources to make a big difference - and people power can force them to act.

5. Go second-hand

Vintage and pre-owned clothing is all the rage at the moment, so this environmental tip has the added benefit of improving your wardrobe. Check out charity shops for some great bargains, or repair your own garments to make them last longer.

6. Eat green

Your diet has a huge impact on climate change - and if you think going vegan is the only way to lower your belly's footprint, think again. Eating less meat does indeed have environmental benefits, but if you can't make that commitment, simply buy local; the food we eat is shipped or flown thousands of miles, so heading down to your local market instead could make a difference.

7. Stop buying carrier bags

How often do you find yourself scanning some groceries and realising you left all of your many bags at home? Supermarkets charging 5p hasn't completely stopped forgetful shoppers from buying bags, so make sure you always have one on you. Hang your used bags near your front door so you don't leave the house without them, and pack some in the car.

8. Turn your office green

There are plenty of small changes you can make in your workplace. Print on both sides of paper, ask for recycling bins to be placed near every desk, put your computer to sleep when you head out to lunch, and turn off the lights in meeting rooms when they're not being used.

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Fewer than 5% of Brits pedal to work - do your bit to fix that by investing in a bike



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LET'S GO!

Try something new this year

As 2018 unfolds why not stretch yourself by trying a new hobby or learning a new skill that will take you out of your comfort zone

If you want to change your life this year, why not go off the beaten track? These are a selection of our favourite ideas for bettering yourself in the new year.

And don't worry, there's not a gym membership or stick of celery in sight.

1. Join a book club

Sure, you could set yourself the target of reading a new book every month, but what are the chances of you sticking

diligently to this as the year goes on?

If you join a book club you'll be far more likely to keep up your resolution.

Not only will you have the peer pressure of needing to read the book before the next get together, but it's addictive – you'll soon be hooked and desperate to give your thoughts on what you've read.

Nowadays book clubs aren't quite like the one your grandma is part of.

They're a bit more lively.

You'll gossip about the world just as much as you'll indulge in stimulating conversation about what you've read – it's the perfect combination of socialising and learning new things.

2. Learn a language

OK, OK, you might have set yourself this resolution a few years ago, but it never quite panned out, did it?



But 2018 really is your time to shine, and it's all about making a plan. Download a language app like Duolingo which calls

for you to complete a quiz every day, making sure that you keep your learning ticking along.

A new year needn't be all about

detoxing and depriving yourself of the good stuff. Why not book yourself a trip to the country you're learning the language of? It'll be a fun treat, and a good incentive to brush up on your vocab before you get there.

3. Recycle everything you can

You're probably well aware of how important recycling is, but cast your mind back to 2017. How many times did you not bother to recycle something just because it was a bit too much effort?

Probably more than once. Even if you consider yourself generally quite environmentally

friendly, if it gets in the way of your daily routine it's probably left by the wayside.

So make it your resolution for this to stop in 2018 because, as you already know, it's what the planet desperately needs.

4. Start sitting up straight

As you're reading this, what's your posture like? Let us guess: your rounded shoulders are slouched over your desk or smartphone.

If you don't want to be the clichéd gym-going January person, one thing you can work on instead is your posture. Not only is this a sneaky hack for looking like

you've got your life together, but it will also take care of your joints, ligaments and muscles, and help prevent damage further down the line.

It's also more than just physical – good posture can change your frame of mind, making you feel more positive and confident in yourself. Set a reminder on your phone to sit up straight sporadically throughout the day, and soon it will become second nature.

5. Play more board games

What's this? A resolution that's actually fun? Yep, that's right.

Playing board games is not only a great way to get your friends together and have a laugh, but there's a whole bunch of options that can test your brain in different ways, from logic to strategy and general knowledge.

Luckily, board games are becoming somewhat of a craze with dedicated cafes popping up all over, so it's easier than ever to start playing more this year.

6. Cut yourself some slack

New Year's resolutions are hard. They tend to be based around aesthetics, which can be tough to handle in our already hyper-superficial society.

That's why we propose that if you are going to make resolutions, make one of them another cliché (but a much more positive one) – being kinder to yourself.

Next time you get upset with yourself about missing that gym class/messing up at work/forgetting your mum's birthday, make an effort to not beat yourself up too much.



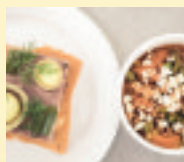
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BEST GIGS



■ **Asylums, Bassment, Chelmsford, Saturday, February 3:** Southend band Asylums (above) come to the Bassment venue as part of this year's Independent Venue Week (IVW). The four-piece mix killer art-pop tunes with lyrics that have a satirical bite and list their influences as comics, bad TV and computer games. Support comes from Bare Traps, Concrete Caverns and Magic Seas. On the Friday night (February 2), the IVW night at the Bassment features a live set from UK punk duo Slaves as well as live sets from Bad Nerves, The Horse Heads, Victories and Grandma's Waffle Velocity.

■ **Eddie and the Hot Rods, Burnt Mill Academy, February 2**

A year on from the closure of The Square, live music is back in Harlow. Club Foot, at Burnt Mill Academy, will be part of Independent Venue Week and Essex legends Eddie and the Hot Rods - the last band to appear at The Square - perform there on Friday, February 2, supported by Cyanide Pills and Los Pepes.

Visit www.independentvenueweek.com for tickets and details about other events.

DOWN THE PUB



IT has been claimed that back in the 1960s, a young Mark Feld reinvented himself with a stage name that condensed Bob Dylan's moniker (becoming Marc Bolan) and Colchester-based three-piece Raz, above, have performed a similar trick, saying their name is simply a clash of rock and jazz.

Dan Goldstone, Pera and George Krethlow-Shaw are a multi-genre trio who claim to be 98 per cent instrumental, 2 per cent vocal, with their blend of jazz, funk, surf, pop and rock fusion. They venture south of the county on Saturday for a 4.30pm start at the Railway Hotel, Southend.

Gigs, January 26 to 28:

■ **Star & Garter, Moulsham Street, Chelmsford:** Friday - The Stents; Saturday - Dead Man's Hand

■ **The Bull, Colchester:** Friday - Adrenaline; Saturday - The Collectors

■ **Cricketers, Southend:** Friday - Saviours; Saturday - Mr Spankey

■ **Horse & Groom, Braintree:** Saturday - Hedgehog

■ **The Waggon at Wix:** Saturday - International

Rescue

■ **Golden Fleece, Chelmsford:** Friday - The Hit List; Saturday - Steal

■ **Railway Hotel, Clifftown Road, Southend:**

Friday - Bif Bam Pow; Saturday (4.30pm) - RAZ

■ **Boars Head, Braintree:** Friday - Hit Parade

Adventures in sound

Musician and inventor Thomas Truax tells Darryl Webber about his new album ahead of his show Essex

Ever heard the Hornicator? Ever experienced the sound of the Mother Superior? Are you ready for the Stringalong? These weird and wonderful instruments are the creation of Thomas Truax, a musician and inventor who'll be bringing his unique sound to Southend in March.

From Denver but based for a long time in New York before living in Germany then settling in the UK, Thomas makes music that you might call Americana but distinctly his own blend. His new album, *All That Heavens Allows* showcases a distinct talent that lies somewhere between Tom Waits and Tim Burton with lots of steampunk accessories.

At his show at the Railway Hotel you can expect songs from *All That Heavens Allows*, released next week, to figure prominently. Thomas says the album was written in the last couple of years while he travelled around so how did he manage to put an album together while he going from one place to another?

"I've always moved around a lot and I always take a notebook with me so I'm always writing things down. I've doodled ever since I was a little kid. I'm one of those people who have a notebook by their bed in case I have an idea in the night and need to write it down. Even though they're usually no good."

That constant moving from one place to another seems to

have subconsciously become a theme of the album. Along with flying.

"There is a lot about flying on the album," Thomas admits. "My wife pointed it out to me when she listened to the songs and I asked her what holds it all together. I think the flying thing is part of the psychological make up, dreaming about flying is meant to do with trying to escape something."

How about the practicalities of writing and recording while he's on the move, how does that work?

"Thanks to portable interfaces with laptops you can record on the go but it does have an influence on what you do. Lots of people have set-ups so I just end up going to see them and do it face to face. You can send files around but it's not quite the same."

"The more I've travelled

around, the more you do that, you realise that certain things - the way you look at things, your imagination - it travels around with you."

All That Heavens Allows is the title of a Douglas Sirk film of 1955 but Thomas admits he just liked the title rather than taking particular influence from the movie.

"The album had lots of different titles scribbled down, I collect ideas for song titles, albums, and I just thought that was a great title. I like titles that are open to interpretation, all of the lyrics of the songs fit with it."

Thomas is looking forward to touring the UK in the coming weeks and is especially relishing returning to the Railway in Southend in March.

"I've played the Railway a few times, it's a great place. I've had some magical shows there,

I always look forward to it. I've got a few people who come to the shows regularly so it's good to see them. With independent venues struggling it's good to see somewhere like that thriving. The people who run it are really cool and they've put together a really cool place with a great atmosphere."

And can we expect to see some of his strange, homemade instruments at the Railway. And more importantly, will they be in working order?

Thomas says some of his repertoire of contraptions - the Hornicator and the Mother Superior will be making the trip to Southend along with his trusty, modified guitar Hank - but he can't guarantee they'll all work.

"When it works, it's great, when it doesn't it sucks," he admits. "I'm constantly putting stuff together, I'll put a motor on something and then after six shows the wires will break and it'll start falling apart. But that's all part of. Someone wrote a review of a show I did in Brighton which said something like 'the audience loved it when everything worked, and they loved it even more when it went wrong.' That's what makes it good, it's that live, theatrical part of a show where things can go wrong. It's spontaneous, it's fun."

■ Thomas Truax plays *The Railway Hotel*, Southend, on Friday, March 16. His album, *All That Heavens Allows* is out on February 2 via Psycho Teddy Records.



Thomas Truax and Gemma Ray, a singer originally from Basildon who performs vocals on the single *Save Me* from his new album

FILM REVIEWS



Eddie Redmayne's Dug leads the inept hunter-gatherers in *Early Man*
Photo: CHRIS JOHNSON

PRIMITIVE CHARM

EARLY MAN (U) ★★★★★

Films set in prehistory often run with a tagline something like “a million years in the making.” This may not be quite true of Aardman’s latest but given the time-consuming, labour-intensive nature of their stop-motion animation techniques we can at least say this latest splendidly daft offering from the Bristol-based production house has been around eight years in the making.

Set in the Pleistocene epoch (and definitely the plasticine era), *Early Man* starts with a panorama of erupting volcanoes, battling dinosaurs and warring tribes of cavemen all of which is obliterated by a meteor strike (we see it impact just outside of Manchester) leaving the surviving cavemen to flourish. So far, so prehistoric but then the film posits that football is invented by these early men (and women) kicking around the glowing remnant of the meteor because it’s too hot to handle. It seems entirely plausible.

Fast forward a few thousand years and a Stone Age tribe led by Chief Bobnar (Timothy Spall) live in a green valley and are rather inept hunter-gatherers – they are habitually

outwitted by a rabbit they are trying to catch. Their primitive idyll is interrupted by the invasion of a more technically advanced Bronze Age tribe led by Lord Nooth (Tom Hiddleston, with a French accent Gordon Kaye would be proud of) who exile Bobnar and co to the bleak Badlands. But one of the cavemen, Dug (Eddie Redmayne) ends up in the Bronze Age city and discovers football is their obsession. He challenges Nooth’s team of preening galacticos to a match and if Dug’s team win they get to return to their valley. All he has to do is turn his tribe of misfits

and eccentrics into a football team.

It wasn’t apparent to me that Aardman’s latest was a footy film but that is pretty much what *Early Man* is – but thankfully it’s a bit more than that too. It’s a celebration of outsiders and underdogs that will have kids and adults chuckling along at its silly and gags and slapstick moments. Think *Escape To Victory* meets *One Million Years BC* (there’s a nice nod to stop motion pioneer Ray Harryhausen in the credits) with an extra sprinkling of Monty Pythonesque absurdity plus all the usual charm and wit you

come to expect from Aardman.

There’s a very British sensibility at the heart of the film that is all about rooting for the little guy against the powerful and the pompous. With a World Cup (and England’s almost inevitable disappointment) looming and the inescapable spectre of Brexit, you could see *Early Man* as a championing of the Little Englander mentality but it doesn’t feel like a political film at all, just a gentle comedy.

As with Nick Park’s previous animations, the attention to detail and immense likeability of the characters and comedy is what wins you over. It doesn’t quite have the easy familiarity of Wallace and Gromit’s adventures (although Dug’s sidekick Hobnob has a very Gromit role) but it is very much in the same indomitable spirit and you’ll certainly be cheering for Dug’s Stone Age team in the big match at the end of the film. Its result is likely to be more satisfying than England’s World Cup campaign later this year.

A prehistoric crowd-pleaser that wrings as much humour and silliness as it possibly can out of cavemen, football and plucky underdogs, it’s not quite up there with Aardman’s very best, but is still great fun. *Darryl Webber*



Tom Hiddleston's Lord Nooth gets a massage Photo: CHRIS JOHNSON

ALSO OUT THIS WEEK



Kristen Wiig and Matt Damon in *Downsizing*

DOWNSIZING (15) ★★★★★

SMALL is beautiful – and highly desirable – in director Alexander Payne’s quirky comedy drama set in the near future, when socially-conscious citizens in our overcrowded world undergo cellular reduction to shrink their bodies.

A blue-collar worker’s wage comfortably buys a palatial abode in a downsized neighbourhood. You can have it all when you’re 12cm tall.

The gung-ho miniaturised American dream turns sour in Payne’s film, co-written by Jim Taylor, which chronicles the intolerable strain that downsizing places on one fractured marriage.

Wit and invention are in thrilling abundance in an assured opening 30 minutes, augmented with slick digital effects that juxtapose the everyday and shrunken worlds.

Unfortunately, the script’s volatile cocktail of genres – dystopian social satire, humane drama, doomed romance – congeals before the film has concluded its laboured second hour.

At a high school reunion, Paul (Matt Damon) and wife Audrey (Kristen Wiig) meet miniaturised former classmates Dave and Carol Johnson (Jason Sudeikis, Maribeth Monroe), who are effusive about their decision to shrink. The Safraneks agree they need a radical change in circumstances to reinvigorate their stagnant marriage.

During transition surgery, Audrey gets cold feet and Paul becomes a heartbroken, lonely bachelor in the tiny community of Leisureland.

One year later, the Safraneks are divorced and Paul trades Leisureland luxury for a single bedroom apartment in the same block as brash playboy Dusan Mirkovic (Christoph Waltz). The straight-talking hedonist introduces Paul to fun-loving pal Joris (Udo Kier) and Vietnamese cleaner Ngoc Lan Tran (Hong Chau), a vociferous political activist with an ill-fitting prosthetic leg.

She opens Paul’s eyes to the intolerance and cruelty in his brave new miniaturised world.

Ironically, *Downsizing* comes up short. An ingenious central conceit can’t stretch to 135 minutes and the emotional pay-off is ultimately unsatisfying.

Damon delivers an appealing performance as a kind-hearted everyman seduced by science, but he is overshadowed by scene-stealing and sometimes garish supporting performances.

Two-time Oscar winner Waltz furiously chews scenery as an ageing, foul-mouthed lothario, while Thai-born actress Chau, whose parents were Vietnamese refugees, could snag her first Oscar nomination for her eye-catching portrayal of an outspoken dissident, who was downsized against her will.

The character’s broken English is a high wire act, strung tightly between hilarity and racial caricature. *Damon Smith*

HOTSEAT

Jason Gardiner is back on ITV's Dancing On Ice panel - and, judging by the opening episodes, he's not losing his 'Mr Nasty' tag. He tells **GEMMA DUNN** that if celebrities can't handle the heat, it's time to go

Mediocre is not what turns me on. I want to feel the magic

Dancing On Ice is in full swing - are you pleased to be back?

YES, of course. It came out of left field, really. None of us expected when we finished the show nearly five years ago that it was ever going to come back.

When I got the call, I didn't think they were serious. And when they did ask me to come in to talk to them, I thought it was going to be about a new project. But it was about this.

Why is now the right time for its return?

I THINK absence makes the heart grow fonder. Dancing On Ice is part of TV history and I feel so proud of its legacy. We all put a lot of work into making the programme brilliant.

Shows like Dancing On Ice bring families together. It is fun and entertaining.

What do you make of Jayne Torvill and Christopher Dean joining you on the panel?

I LOVE Jayne and Chris. I did this show initially because of Jayne and Chris. They're huge idols of mine and they are phenomenal. They're so dedicated and hard-working.

It's the same stock I come from. We get one another, they have the same level of perfection and discipline [as me] and it's all those things I find absolutely delicious about life.

Could you learn a thing or two from new judge Ashley Banjo?

I AM always open to learning something from people that I respect, and I absolutely respect Ashley and what he's done.

What feels great is for the first time the panel feels solid. Everybody on it is an expert in their own right and has incredible experience that they're

Jason with fellow judges Ashley Banjo, Jayne Torvill and Christopher Dean, and presenter Phillip Schofield, as contestant Candice Brown - Great British Bake Off winner - becomes the first contestant voted off the show



Coronation Street's Antony Cotton with his dance partner Brandee Malto



going to bring to the panel and to the show.

What do you think was missing before?

IT was missing people that really had an understanding or actual experience in dance.

For the last Dancing On Ice, we weren't allowed to talk about the choreography. As a choreographer, to go nearly 10 years of not being able to ever mention the choreography, which was given to them, is difficult.

This year, the pros have to choreograph the routines.

You are long-time friends with contestant Antony Cotton. Are you conscious of not giving him any leeway?

I'VE known him for 20 years, but nobody gets special dispensation from me.

He said to me when he was cast, 'I don't expect any sort of special treatment.' I said, 'You're not going to get it.'

In fact, I am going to be tougher on him and I think he knows that. And he's ready for it.

Come on, it's Antony Cotton! He'll give as good as he takes.

So we can expect more straight talking from 'Mr Nasty' this series, then?

THE way I have always approached the show is instinctively. Even though some people might not agree with my methodology, there's a real purpose to it.

Ultimately, it provokes them to either do better or if they can't handle the heat, then bye bye! It's a competition at the end of the day.

What advice would you give to the celebrities listening to your comments?

I AM telling the truth. If they are clever and they don't let their egos get in the way, they will see what I am saying is actually going to help and not destroy them.

I'm not going to sit there and say, 'It's great you are trying.' I am not there to judge whether they're trying because everybody is trying. It's whether or not they are delivering.

I'm very impartial and I don't have favourites.

Do you like the comedy gold moments too?

FOR me personally, those kinds of moments don't do anything.

I understand why the public love it. But I like talent. I like to see things that are good. I like it when people are great.

Mediocre is not what turns me on.

I like surprises and I want to feel the magic. Then I am hooked. It's a very tall order, though, to ask for!

Dancing On Ice is on ITV, Sunday, at 6pm.

Jason might be good friends with contestant Antony Cotton - but that won't stop him getting the full 'Mr Nasty' treatment

FOOD & DRINK

Dieting is all about using some **clever** mind tricks

Chef Tom Kerridge speaks to **LAUREN TAYLOR** about losing weight the delicious way



TASTY START

**SHAKSHUKA
BREAKFAST
EGGS**

INGREDIENTS

(Serves 2)
1tsp light olive oil
1 red onion, finely sliced
1 large red pepper, cored, deseeded and diced
1 large green pepper, cored, deseeded and diced
4 garlic cloves, finely sliced
1tsp ground cumin
½tsp ground cinnamon
2 tsp hot smoked paprika
A pinch of flaky sea salt
2 x 400g tins chopped tomatoes
4 medium free-range eggs
50g half-fat feta
A handful of coriander leaves, roughly chopped
Freshly ground black pepper

METHOD:

1. Heat the oil in a medium non-stick frying pan (that has a lid) over a high heat. Add the onion and cook for two minutes, then add the peppers and garlic and cook for a further four minutes. If the veg begin to stick, add a splash of water to the pan.

2. Stir in the cumin,

cinnamon, paprika and salt and cook, stirring, for about 30 seconds, until the spices become fragrant.

3. Tip in the tinned tomatoes, stir to combine and lower the heat. Simmer for 10-15 minutes until the sauce thickens slightly.

4. Make four small wells in the tomato sauce for your eggs. Crack an egg into each well and place a lid on top of the frying pan. Leave the eggs to cook for five minutes or until the whites are just set.

5. Crumble the feta over the surface and finish with the chopped coriander and a grinding of pepper. Serve straight from the pan.

Calories per serving: 375

DIET food has a bad rep. It conjures up images of chewing on cardboard-like rice cakes and low-fat packet soups packed with preservatives, while you dream of a comforting bowl of pasta and battle cravings for anything that so much as resembles dessert.

Enter Tom Kerridge. He not only runs the UK's only pub with two Michelin stars (The Hand And Flowers in Marlow), but he knows a thing or two about weight loss – having shed a staggering 12 stone himself.

Now back with a second diet book, *Lose Weight For Good*, and accompanying BBC programme, he's determined to demonstrate that calorie-controlled meals can be delicious and easy to whip up at home.

And who better to create a weight-loss plan that you actually want to stick to, than someone who really loves food?

"I looked at lower-calorie recipes and I found them incredibly depressing, boring and flavourless," Wiltshire-born Tom, 44, explains. "I thought, 'Well no wonder so many people yo-yo on diets, they're not enjoying what they're eating.'"

He describes his new book as a "celebration of great-tasting food", with an emphasis on recipes that use everyday ingredients and come in portions big enough to fill you up.

It's full of nutritious but hearty recipes, and some that might surprise you, like spicy lamb burgers, pizza with parma ham and mozzarella, and coffee and chocolate custard pots.



Tom Kerridge

One of the challenges for anyone trying to start a diet is finding the time to prepare healthy meals, and the inclination to learn new dishes.

"It's all well and good everybody saying they're a great cook, but sometimes you're a great cook at the weekends when you enjoy doing it, when you've got three or four hours to potter about making things and enjoying the process of cooking. But you eat every day," says Tom.

So the recipes in *Lose Weight For Good* really are meant to fit

into busy lives – the steps are clear and simple, and you don't need a long list of ingredients.

"If you come home from work at 7 o'clock in the evening, you want to rustle something up in under 20 minutes and you want to know how to do it," Tom adds. "It's aimed at being accessible, even for the most amateur of cooks to have a go at making something taste good."

While changing your diet does involve some self-control, it doesn't have to mean missing out on all 'treats', or enjoying

food less. For instance, you can still get your pasty fix with Tom's chicken and mushroom filo crunch, your late-night takeaway hit with his healthy lamb doner alternative, or southern-style chicken with potato salad.

"I think when people are on diets, what they miss the most is desserts and things they feel like they shouldn't be able to eat," he says. Although the desserts in the book don't have the same amount of butter or sugar, and therefore calories, as traditional pudding recipes, they're still proper puddings.

"There are some fantastic sugar alternatives, fantastic cream alternatives, things that are lower in calories that can help you still produce things that feel a bit more 'treaty', that shouldn't feel like you're on a diet, but you are," he says (yes, this includes cheesecake!).

It's all about using some clever tricks. Some of the recipes include veg-masquerading-as-carb alternatives, like jerk chicken with cauliflower rice 'n' peas, chicken with peas and mushrooms and celeriac mash, and turkey ragu with white cabbage linguine.

"They make you feel like you're not missing out on anything," Tom says. "They hold flavour, they taste nice, they're mind tricks."

■ **LOSE Weight For Good: Full-Flavour Cooking For A Low-Calorie Diet** by Tom Kerridge is published by Absolute, priced £22. The accompanying six-part series continues on BBC2 on Wednesdays.

I DON'T have any "special dietary requirements" when it comes to food and drink but I know many of you do. When the Co-op told me they were extending their vegan-friendly range of wines I thought "oooooh" shame on me, I could be helping you with this one, especially as Veganuary is underway this month.

When is a wine vegan-friendly? Animal products might be used in the winemaking process at the fining stages – that's when the impurities are removed from the wines to create a clear liquid.

These fining agents can include egg white, isinglass (which comes from fish) and charcoal which could be made from animal bones. They are added to the wine and the "cloudy bits" cling to them and drift downwards leaving the wine

RAISE A GLASS

WITH JANE CLARE



clear. A wine is vegan-friendly when the fining process is done using a non-animal product, such as pea protein.

The alcohol education charity Drinkaware has some vegan guidelines on its website drinkaware.co.uk and from there I followed a link to barnivore.com which is a really useful community-created database of alcoholic drinks.

Just search for a drink or a retailer to discover vegan-

friendly options. I tapped away looking for drinks from Tesco, Asda, Aldi, Marks & Spencer and so on; it was very useful.

Back to the Co-op and eight new wines are to be launched from February 12, including **Gran Familia Rioja Tino** (£5.99).

Its vegan wines also include **Co-op Irresistible Vioigner Pays d'Oc** (£7.49, 13.5% abv) which I shared with a friend. It has honeyed notes together with dried apples, peach and citrus and a shake of spice which adds an interesting dimension. It isn't overly acidic and has a touch of creaminess.

Marks & Spencer has more than 420 vegan-friendly wines, which is over half its range. There's a lovely red,

Terres de Moraines Madiran 2013 (£9.50, 14.5% abv) which is full-bodied, laden with red berries and spice, and rich and silky with soft tannins.

If sparkling wine is your thing then **Aldi's delightful Organic Prosecco** (£7.99, 11.5% abv) pops a fruit flurry of pears and apples, together with gentle aromas of acacia flowers. ■ Learn more about veganism at vegansociety.com

■ Also in my glass ... here's my final gin selection for January. I love the stunning scenery of Snowdonia so my interest was piqued when I heard that a new distillery had opened at a former slate works in Abergwyngregyn, Gwynedd and its first gins are now on sale; **Rhubarb & Ginger Gin**

and **Orange Marmalade Gin** (both RRP £24, from Amazon, masterof-malt.com, 42.3% abv).

The rhubarb and ginger gin is flecked with cardamom and the rhubarb is subtle but moreish followed on its heels by the sweet spice of ginger. As for the marmalade? Fresh oranges, flowers, and a crunch of juniper shine through.

Aber Falls has also created three gin liqueurs, **Violet Liqueur**, **Salted Toffee Liqueur** and **Chocolate & Coffee Liqueur** (RRP £20, from the same stockists).

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.



INGREDIENTS

(Serves 2)
2tsp flaky sea salt
1tsp hot smoked paprika
2 cod or other white fish fillets (200g each)
3 medium courgettes, cut into chunks
4 garlic cloves, thickly sliced
200ml fresh fish stock
1tsp dried oregano
Olive oil spray
400g tin butter beans, rinsed and drained
200g cherry tomatoes on the vine
40g pitted green olives
8 thin slices of chorizo
Finely grated zest and juice of 1 lemon
Sea salt and freshly ground black pepper
Flat-leaf parsley, finely chopped, to finish

METHOD:

1. Mix the flaky salt with half a teaspoon of smoked paprika and sprinkle over both sides of the cod fillets. Place them on a plate, cover with cling film and refrigerate for one to two hours.
2. Preheat the oven to fan 180 °C/gas 4. Line a roasting tin with baking parchment.



3. Place the courgettes in the roasting tin. Add the garlic and pour on half of the fish stock. Sprinkle with the oregano and some salt and pepper. Spray with oil and cook on the middle shelf of the oven for 15 minutes.
4. Remove the fish from the fridge, wash off the salt and pat dry with kitchen paper.
5. Take the tray from the oven and mix through the

OVEN TO TABLE

BAKED COD WITH BEANS, COURGETTE AND CHORIZO

butter beans. Nestle the fish fillets into the mixture, along with the cherry tomatoes and olives. Pour on the rest of the fish stock.

Lay the chorizo slices, overlapping, on top of the cod fillets.

6. Sprinkle the lemon zest and juice and the remaining half teaspoon of smoked paprika over everything and season with salt and pepper. Spray another 20 sprays of oil over the surface and bake in the oven for 12 minutes, until the fish is just cooked.
7. Sprinkle with chopped parsley and serve.

Calories per serving: 535

INGREDIENTS

(Serves 8)
Sunflower oil spray
250g half-fat margarine
100g caster sugar
4tbsp granulated sweetener
3 large free-range eggs
250g self-raising flour
1tsp bicarbonate of soda
1tsp ground cardamom
1 vanilla pod, split and seeds scraped
Finely grated zest of 2 limes
200g courgettes, grated
For the icing:
100g icing sugar
1tbsp light cream cheese
1tbsp lime juice
To finish:
Grated zest of 1 lime

METHOD:

1. Preheat the oven to fan 180 °C/gas 4. Spray a 900g (2lb) non-stick loaf tin with a few sprays of oil.
2. Using a stand mixer or electric hand whisk and large bowl, cream together the margarine, caster sugar and sweetener until light and fluffy. Add the eggs, one at a time, beating well after each addition.
3. Sift the flour, bicarbonate



of soda and ground cardamom together over the mixture, add the vanilla seeds and lime zest and fold in gently, using a spatula, until just combined. Lastly, fold in the grated courgettes.
4. Spoon the cake mixture into the prepared tin and gently level the surface. Bake

DREAMY DESSERT

COURGETTE AND CARDAMOM CAKE

on the middle shelf of the oven for 50-60 minutes. To test, insert a skewer into the middle of the cake: it should come out clean; if not give it a little longer.

5. Once cooked, leave the cake to cool in the tin for five minutes, then transfer to a wire rack to cool completely.
6. To make the icing, in a bowl, whisk the icing sugar, cream cheese and lime juice together until smoothly combined.
7. Spread the icing on top of the cake and sprinkle with the lime zest. Cut into eight thick slices to serve.

Calories per serving: 365

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BEAUTY COUNTER

NEW year, new... hair? If the dawn of 2018 has got you itching to switch up the shade of your tresses, we say go for it – but don't rush in without carefully considering your options.

"Any change in hair colour should have a thorough consultation with a professional, so we can manage your expectations and let you know what we think is achievable," says Jack Howard, expert colourist at Paul Edmonds Salon London for L'Oreal Professionnel.

"Many people don't realise that getting to your perfect colour is a journey and cannot be achieved in one hair appointment – and definitely not in one at home box colour."

What would happen if you did decide to grab the first dye kit that takes your fancy and whack it on your barnet?

"Well, best of luck, but be aware of mismatched roots, patchy colour, breakage, bad results... the list could go on!" Jack warns.

"There are so many things that can go wrong with at-home hair colouring."

The colourist is keen to help avoid dye-job disasters, so here, he sets out the three things you should always take into account when choosing a new hue, and how a professional can get you there, no matter what your base colour is...

1 YOUR HAIR CONDITION

"CONDITION is key," Jack says.

"Although we have amazing colours and hair-strengthening bonding products –



Will you go blonde in 2018?



Red hair could be an option

which can be added during the colouring process – if the hair is not great, we need to start working on the health before we start a colour-change journey.

"Nothing looks worse than unhealthy, damaged, broken hair."

2 COLOUR UPKEEP

"FOR me, whenever considering a colour change, I like to advise clients of ongoing cost, upkeep and time commitment,

Dying to change your hair colour?

Whether you want to go darker or are reaching for the bleach, **KATIE WRIGHT** reveals what you need to know before you take the plunge

Getting your perfect hair colour is a journey and often can't be done in just one appointment

so there's a general overview of what it means to change your colour and keep your desired new shade," says Jack.

Going back to get your roots done every six weeks isn't cheap, so make sure you know what the upkeep will cost before you take the plunge.

3 YOUR HAIR AND SKIN COLOUR

THIS is one area where Jack isn't so prescriptive: "There was a time when skin colour always came into the equation, but when people are looking at extreme changes, quite often it becomes statement hair and that doesn't follow the same rules!"



■ IT'S cold outside, but it's toasty inside. Well, inside this gorgeous eyeshadow set at least.



Tarte has put together the perfect mix of warming winter metallic and matte shades for its new Tartelette Toasted Palette, £41, tartecosmetics.com. It could be the best thing since sliced bread.

■ IT IS no fun having spindly little eyelashes, and even less fun if yours fall out regularly. False eyelashes are tricky while eyelash extensions are an expensive business.

Step forward XXtralash PolyGF Serum which stimulates follicles to grow, nourishes lashes and 'inhibit the body's natural restriction on the length of lashes'. While we can't comment on that last claim, after a month of use, our eyelashes definitely look better. We won't rival Bambi but if you have problems with yours this could be a wise investment. Priced £70, eudeloboutique.com

■ EVE LOM'S cleanser is a longtime cult favourite. Now a new face oil joins her range. Eve Lom Radiance Face Oil contains a concentrated, yet lightweight blend of moisturising hemp seed oil, conditioning Abyssinian oil and avocado oil, plus fatty acids and antioxidants to enrich and soothe skin.

If you have been hesitant about using oils, worrying they are greasy, this absorbs easily into skin and smells amazing. At £60 from evelom.com and Space NK, it's not cheap but a little goes a very long way.



CELEB SECRET

ACTRESS Olivia Wilde is a busy working mum so she needs a beauty routine that is super simple. Speaking to Vogue.com, the *Tron* and *House* star revealed herself as a fan of True Botanicals skincare

Oh, and when it comes to perfecting her pout, all this natural beauty needs is a quick coat of Rodin Lip Balm which you can find at [Space NK \(spackenk.com\)](http://Space NK (spackenk.com)) priced £25.



HOW IT'S DONE IN THE SALON

WHAT TO EXPECT IF YOUR NATURAL HAIR COLOUR IS...

■ **Black:** "If your hair is black, you will need more than one appointment and we are definitely looking at a long journey to go blonde – you would need to think about being golden and copper part of the way through this service," expert colourist Jack Howard explains. "Products such as L'Oreal Professionnel's Smartbond will definitely help maintain the condition of hair when going from dark base colours to light, but it won't be achievable in one appointment."

"Black to red, as long as it's natural, is pretty simple and I would recommend having this done in one salon visit."

"Black to brunette, again, is not too difficult and should be done in one visit."

■ **Brunette:** "Brunette to black or red is very simple – just one sitting appointment," says Jack.

But going blonde is a bit more complicated: "Brunette to blonde

is all dependent on your shade of brunette and your required shade of blonde. You could be in a new colour spectrum within one to two appointments."

■ **Red:** "Red to brunette would be achievable in one appointment, as long as the customer is OK with being a warmer brown, rather than cooler tones," Jack advises.

Red to black in one sitting, meanwhile, is "simple – and you should end up being a sultry dark-haired customer."

Going blonde, however, is "much harder and depends on the shade of red you are and how blonde you want to be".

■ **Blonde:** "A natural blonde can go any of these shades as you are basically going darker, so a few expert rules and tricks, and a new colour is yours," Jack explains. "Getting back to your natural colour again, though, is far more complicated."



How many salon sessions it will take to get your desired colour depends on your natural look and what you want to change to

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GET THE LOOK

Top tips on how
to transform
your home's
decor in 2018
PAGES 40&41



THE GREAT OUTDOORS

The accommodation in this lovely Harlow home has a fantastic family layout and has a 65ft south facing rear garden, garage and parking. PAGES 38&39



HOT HOUSE



HARLOW HOME WITH AMAZING 65FT GARDEN



A four bedroom detached house is on the market in Harlow and its large garden makes a perfect suntrap. The south-facing rear garden measures an impressive 65ft and includes a curved patio area. It will be ideal for entertaining with summer barbecues – no matter what time of day as it also has outside lighting.

The garden extends to the side of the property where there is a vegetable patch, a second garden shed and a side storage cupboard. Elsewhere there is various shrub, herbaceous and flower borders.

The property is situated in the quiet cul-de-sac of Copse Hill and is double glazed throughout. It has a guide price of £489,950.

Downstairs there is a spacious entrance hall and cloakroom. The cloakroom has ceramic flooring and contains a toilet, hand wash basin and heated towel rail.

Beyond the stairs there is also a room which could be either used as a playroom or office. It adjoins the tiled-floor kitchen which contains solid oak base and eye level units.

Appliances include an integrated dishwasher, oven and four-ring halogen hob. There is plumbing for a washer and dryer and space for a large fridge/freezer.

The large and bright living room features a gas coal effect fire with a raised marble hearth and wooden mantelpiece. The dining room – which can be entered via an adjoining archway – has wooden flooring and UPVC French doors leading to the rear patio.

Upstairs are four good-sized bedrooms – three of which have fitted wardrobes. The main bedroom also has an en-suite bath/shower room with a toilet, wash basin and heated towel rail.

The family bathroom has been refitted with a modern white suite comprising of a tiled enclosed bath, shower, toilet and wash basin. It also has a heated towel rail and tiled flooring.

To the front of the property is a lawn with a driveway and hard standing for one car. There is also a single garage with power leading to it.

The property is being marketed by Wright & Co in Church Street, Sawbridgeworth. To view the home or request more details call 01279 600400.



SELLING POINTS

Address... Copse Hill, Harlow

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YOUR HOME

DECOR DESIRES

Treat your home to a new look for 2018.
GABRIELLE FAGAN showcases her top picks

In this fast-moving world, anyone who reads magazines, browses Pinterest, Instagram and their favourite decor blogs, knows there's a dazzling (and sometimes confusing) array of ideas out there to inspire our style.

To make it easy, we've identified three key new spring/summer trends – Artisan, Natural and Luxe – that you can shop on the high street.

These looks all add 'va-va-room' to your home, and they won't break the bank, as these top finds show...

GET A WEAVE ON

Be inspired by creativity and craftsmanship sourced from around the world and take your home into a new decor destination with an 'artisan' theme.

"I love those little variations that make artisan textiles and ceramics unique – that's why this trend has such staying power," predicts Jakki Pay, home design director at House of Fraser. "We've sourced a patchwork of techniques, from mark-making to hand-stitching and tactile fringing."

"It's our very own celebration of global craftsmanship, so expect natural materials, tribal prints and plenty of earthy, sun-dried colour."

Claire Hornby, creative stylist, Barker & Stonehouse, says that you shouldn't be afraid to be bold.

"Opting to layer rugs in stripes and patchwork patterns across your living or bedroom space is a simple and guaranteed way to create interest from the ground up. This adventurous streak can make its way to your sofa – select scatter cushions in contrasting fabrics, designs and hues, which can really work if you stick to complementary earthy colours."

"Celebrate wanderlust by proudly displaying your collected art and accessories, to remind yourself there's a whole brilliant world out there."

LAYER ON THE LUXE

Counterbalance the rapid advances of technology with luxury items and a subtle colour palette that projects elegant timelessness; a core essence of the 'luxe' trend.

"To some extent, all trends draw their influence from the past, and this look celebrates history and heritage," says Lorna McAleer from Style Studio.

"There's a sense of 'looking backwards to go forwards,' which translates as a fusion of retro and modern influences. Colours are classic and modest – for example, mix burgundy and warm brown colourways with mellow neutrals."



GET A WEAVE ON

Woven throw £49; Linea Chartreuse velvet oversized cushion £20; Linea Zulu embroidered cushion £25; Linea Chiku red embroidered cushion £25; Kerala sequin cushion £25; Junipa Baja planter £28; Junipa Coral ornament £20; Junipa Cane lantern, small £30; large £40; Linea Annika weave easy fit shade £65, Gray & Willow, House of Fraser (Available mid-February)



Cane lantern, left, small £30, large £40, and, House of Fraser (available mid-February)

Team items with sleek, modern blinds to stop a scheme appearing stuffy."

Claire adds: "To maintain the more minimalist and pared-back styling, try not to overload your look. Opt for a base palette of neutral and natural tones to help elevate the opulence of metallic accents. Consider placing perfectly formed, geometric objects next to natural free-formed elements, such as wood or crystals, for a wonderfully eclectic effect."

Alternatively, make it tropical and lush with exotic detailing such as palm prints; Biba at House of Fraser has some great pieces.



Dorchester Grand split pillow back sofa, choice of leather, from £1,995; Lula velvet chair, from £625; World map, set of four wall plaques, reduced from £1,249 to £1,069; Oakham Coffee table, reduced from £575 to £489 and bookcase, reduced from £1,059 to £899, Barker & Stonehouse



Chiku red embroidered cushion from Linea New Artisan collection, £25, House of Fraser



Star by Julien Macdonald: Jewellery boxes from £16; Smoke box, £18; Vase, £35; Mirror, £50; Perfume bottle, £10; Frame, £16; Tray, £25; Glamour nest of two tables, £240; Gatsby dressing table, £500; Rug, from £400, Debenhams

LAYER ON THE LUXE

Shiva tiger cushion, £28, House of Fraser (Available mid-February)

Marble-effect table lamp, white, £30, George Home at Asda

Aluminium tray table, grey, £140, Out There Interiors

*Prices correct at time of going to print. Offers available while stocks last



Palm tree candle stick £30, Linea, House of Fraser (Available mid February)





WHERE TO BUY atkinandthyme.co.uk; barkerandstonehouse.co.uk; debenhams.com; direct.asda.com houseoffraser.co.uk; made.com; marksandspencer.com; outthereinteriors.com



Concrete camera ornament, £5; Copper-effect bell jar lamp, £35; Grey buttoned double bed, £179; Geometric textured cushion, £6; Geo forest double duvet set, £12; Silver robot money box, £8, George Home at Asda

TAKE A LEAF OUT OF NATURE



Collet table lamp, brass, reduced from £69 to £59, Made.com



RJR.John Rocha duvet set, £80; Cushions, £30-35; Throw, £75; Vase, £18; Frame, £12; Anka Side Table, £150, Debenhams

TAKE A LEAF OUT OF NATURE

Mirror the elegance of the natural world and its palette – the 'natural' trend is all about organic structures and tactile finishes.

"Way back in 1984, Dr Edward Wilson termed 'biophilia' as the 'innate sense of belonging to the natural world,'" says Alex Whitecroft, head of design at I Want Wallpaper.

"Now, 34 years on, this sense of belonging will be entering our homes, with wallpapers, window blinds and other decor. This trend is also about nurturing the planet and sustainability.

"Some key looks will be living



Alresford chair in yellow mustard velvet, £399, Atkin & Thyme

walls, plant/tree bark designs, vegetation and the creation of tech-free spaces, because this look



Hampton Large square Pouffe, in Velvet Pine Green, £229, Made.com



Jersey weave cushion, £29.50, Marks & Spencer

is all about immersing oneself in nature. That means an abundance of greenery and vegetation, whether real or faux. It's about promoting a sense of wellbeing through our obsession with the natural world."

Cornelia de Ruiter, CEO and co-founder of Homewings: adds "People are asking more of their homes. Scandinavian-style simplicity is still strong, but it will be joined by a desire for understated opulence, with rich velvets, brass accents (replacing last year's copper) and different stone finishes.

"Marble, velvet and mid-century pieces are adding a touch of luxury and smaller accent pieces, like pouffes and ottomans in rich shades, are helping to add colour to homes."

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SHOP HOME



Vintage sideboard, £699.50, MaisonsduMonde.com



Serena cushion, £19.19, MaisonsduMonde.com

SO RETRO

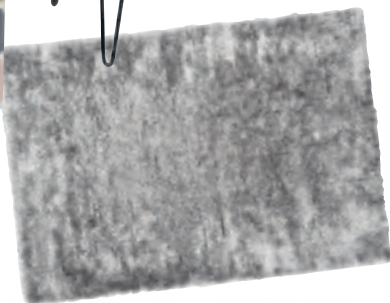
Go back to the 1950s for a classic living room design



Pots, £25 each, Orla Kiely, orlakiely.com



Adriel coffee table, £254, SwoonEditions.com



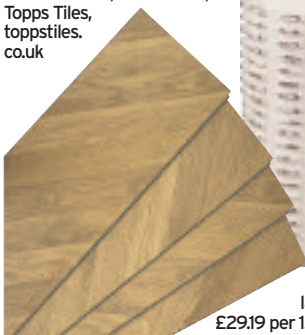
Grey rug, £69.99, Very.co.uk



Jimi vintage table, £71.25, LaRedoute.co.uk



Grosvenor tile, £6.49 each, Topps Tiles, toppstiles.co.uk



Herringbone laminate floor, £29.19 per 1.39sq m, B&Q



Ogilvy wall lamp, £49, Made.com



Cloud vase, £30, lanSnow.com



Philips Izzy speaker, £99.99, Argos, argos.co.uk



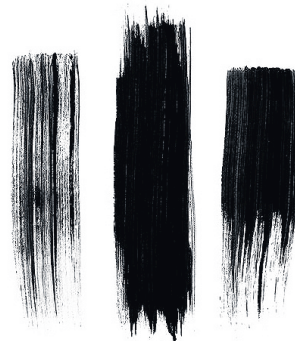
Hill coffee nesting tables, £99, Made.com



Klippan grey sofa, £179, Ikea, ikea.com



Leather chair, £849, Furniture Village, furniturevillage.co.uk



Painted Lines wall art, £25.90, Junique.co.uk



Eket storage, £135, Ikea, ikea.com

*All prices correct at time of going to print. Available while stocks last



TERRIFIC TEA TOWELS



THINK PINK

Flamingos tea towel
£4 for set of three, George Home (direct.asda.com)



THE CAT'S WHISKERS

Meow You Doing? tea towel,
£4.99, Prezzybox.com



DOMESTIC BLISS

You Wash, I'll Dry tea towel,
£4, Dunelm (dunelm.com)



CRUNCH TIME

Vintage apple tea towel,
£4.95, Dotcomgiftshop.com



YOUR HOME

With Bake Off finalist and builder Richard Burr

If you're stuck in a bit of a rut with rooms in your house, don't worry, I've got you covered with my top tips for decorating a room...

EIGHT THINGS YOU WILL NEED FOR DECORATING

1. Plastic sheeting
2. Masking tape
3. Light sandpaper
4. Screwdrivers to take down wall hangings
5. 4" paint brush, 2 x 2" paint brushes, roller and roller tray
6. Step ladder
7. Paint
8. Undercoat and topcoat for the woodwork

When it comes to choosing paint, the choice is endless. My local DIY store, Designer Colours, can mix up any precise colour you like. You can take in an item and they'll scan and colour-match it for you.

To work out how much paint you need, calculate the area of your ceiling and walls, and remember you'll be doing two coats. A five litre tin covers about 50m², but this can depend on the thickness of your paint, so check the back of the tin.

I'd recommend using acrylic undercoat and top coat, as it has a quicker drying time and less fumes. Do not use an oil-based and an acrylic paint together. If you use an oil-based paint, you'll need white spirit. Everything else washes off with water.

PREPARATION IS EVERYTHING WHEN IT COMES TO PAINTING

You need to prep - this takes a few hours, but will make the whole job easier, cheaper and better. If you're doing this over a weekend, I'd recommend doing as much of this prep on the Friday night, so you have more time to paint on the following days.

Start by moving all the heavy stuff (sofas, beds, bookshelves, TVs) in the room into the centre, leaving at least a 30cm gap between your furniture and your walls all around. Next, take down any curtains, blinds or nets and lay these on the furniture. Now lay any wall hangings, pictures and light shades on your curtains, and cover the whole thing up with plastic sheeting. Try to avoid cotton or twill sheeting - this won't keep dust out or big blobs of paint (if you drop any).

Using 80-grit sandpaper, lightly rub

How to paint a room like a pro

Determined to get that fresh lick of paint on once and for all? Follow this step-by-step guide

all your woodwork - the skirtings, architraves and doors. Make sure to rub only the face of the door that looks into the room, unless you're planning on decorating the hall too.

Once all the sanding is done, get the vacuum cleaner out and give everything a thorough clean, making sure not to miss the tops of the doors, architraves and skirtings. You may need to clean the woodwork with a damp cloth and some washing-up liquid.

Now you are cleared, sanded and cleaned, it's time for the masking. Use 50mm decorators' tape to mask where your floor meets the skirting boards. Whether your floor is carpeted or smooth-surfaced, it is a good idea to do this, as it stops drips and saves you from having to cut-in the paintwork against the floor. If you are planning on painting around wooden windows, you can mask these up too - it takes ages, but saves much more time in cutting-in and scraping

paint off of glass.

With the masking all done, all you need to do is put plastic sheeting on the floor (you can cut a large plastic sheet into long wide strips with scissors - this will make it a lot more useful) and after all that, you're finally ready for the fun stuff!



The choice of paint is endless

START PAINTING AT THE TOP AND WORK DOWN

Paint the ceilings first - that way any drips or spots will not muck up other bits you've already done. Use a 4" brush to paint around the top edge of your ceiling. If you're painting the walls later, you don't need to cut this ceiling paint into them, as you'll be painting over the top. Once you've painted around the edges of the ceiling, use the same brush to cut in around any lights you have.

With the edges still wet with paint, use a roller to put the first coat on the ceiling. Pour some of your paint into

your roller tray and begin painting. Start in the corner of the room and work outwards from there, painting in small sections and always rolling back into your wet work.

Once the first ceiling coat is done, wrap the roller in a plastic bag and start undercoating the woodwork.

To undercoat, take your 2" brush and start painting the skirting. Because you haven't put any paint on the walls yet, you can coat the woodwork with no need to cut-in.

Once the undercoat is done, your ceiling should be dry enough to lay on your second coat. Use your 4" brush again to paint the edges of the ceiling, and then roller the rest. Wash the roller out and leave it to dry. You now have an hour or two to go outside and get some fresh air before you start the final stretch.

When your undercoated woodwork has dried, you can start painting the walls. Working on one at a time, use the 2" brush to cut-in the line between the walls, woodwork and ceiling. Once one wall is fully cut-in (including around the light switches, sockets and any wall-mounted light fittings), pour some paint into the well

of the roller tray and start painting the wall.

Start in one corner and roll up and down (rather than side to side), making sure you cover a roller width of the wall fully from top to bottom before moving on to the rest of it - this way, you'll always have a wet edge of paint to roll onto, which will reduce your chances of having any streaks. Once you've finished rolling one wall, repeat the cutting and rolling process for every other wall in the room.

Depending on how fast you are at painting, or how big your room is, by the time you've painted all the way around your room, the wall that you started on should be dry, or at least nearly dry.

Once it is, you can paint on your second coat in the same way as you did the first. Then, clean out your brushes and roller before the paint dries on them.

Use some fine sandpaper to lightly brush any imperfections off your undercoated woodwork - don't rub too hard or you'll go through the undercoat and have to repaint it. Whichever topcoat you choose for your woodwork, be aware that it is most likely to drip easily - drips that will show on your finished job - so be careful not to load too much paint on your brush.

For the last coat, use a 2" brush on the woodwork. Paint the architraves and skirting boards first, remembering to keep an eye on the paint you've recently applied - you can use your brush to wipe away drips you might not have noticed earlier on, if your paint is still wet.

Lastly, paint the door. Paint the mouldings around the panels first, then the panels themselves, then the broad strips of wood that make up the rest of the door. Brush the paint in the same direction as the grain of the wood.

Leave this final coat of paint to dry fully (usually overnight) before peeling off all the masking tape and rolling up all of your plastic sheeting. After having protected your room for all this work, your plastic sheets will be in pretty poor condition, so roll them in on themselves to contain all the dust, paint and rubbish, and put them straight in the bin.

Put everything back before flopping onto the sofa for a well-earned cup of tea.



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YOUR GARDEN

With Diarmuid Gavin

For those of you itching to get growing again, there are veg, such as tomatoes and chillies, that benefit from an early indoor sowing later this month or during February.

The reason for this is to help them reach maturity and ripen before temperatures drop at the end of the summer.

One such crop is aubergine, which is related to the tomato (and potato) and requires similar cultivation techniques – ideally a long hot summer!

Best results, however, will be obtained by growing them in a glasshouse or polytunnel.

The aubergine is becoming an increasingly popular grow-your-own veg as new cultivars more suitable for growing in a British climate are introduced.

Originally from south-east Asia, the aubergine was brought to Europe during the Moorish invasion of Spain. Louis XIV, always trying to impress with something new, grew them at his palace in Versailles and over the centuries they became popular in French cuisine.

So whether in a Greek moussaka, a Provençal ratatouille or an Arabic baba ganoush, this veg has become a familiar supermarket staple.

Technically, the aubergine, like the tomato, is a fruit as they develop from the fertilised flower. So how do you go about it?

Although it is a sub-tropical perennial, here we grow it as an annual. You will need a heated propagator and a bright position such as a glasshouse or sunny windowsill to maximise light levels.

If you don't have a heated propagator, an alternative is to use your airing cupboard as a germinator and bring seeds to light as soon as leaves appear – so you'll need to check their progress daily.

Sow in small pots (3½in) in seed compost, water and cover in a clear plastic freezer bag to maintain humidity if you are not using a propagator.

Aubergine seeds will take about two to three weeks to sprout and then they can be potted on individually.

Gently handle seedlings by their leaves as stems are easily damaged.

Bake your aubergines in time for summer

You can grow your own versatile yet tasty veg if you sow now and can keep the seedlings hot



Worth the wait: It's a long way from seedling to flowering plant

Since this plant is from the sub-tropics, keep it moist (mist regularly) and warm. Misting also helps stop red spider mites which thrive in hot, dry conditions.

Aubergines need space to grow, say two to three per bag if using grow bags.

Pinch out the main stem when it is about a foot or so tall to encourage branching, and tie to a cane.

When flowers develop, tap them gently to help pollination.

Once you have four to six flowers that have started to fruit, remove any remaining flowers so that the plant will now put all its resources towards developing just these fruit.

If you are growing varieties with smaller fruits such as 'Ivory' or 'Ophelia' which are ideal for containers, you can leave around a dozen fruitlets on the plant. A high

potash liquid feed given once a week will pay dividends.

If you want to grow them outdoors, choose the warmest position – against a south-facing brick wall for example.

You'll need to wait until the last frost has gone in May to do this and you can help acclimatise the plant to the outdoors by covering it in fleece or a cloche for the first fortnight.

So what varieties should you sow? You're best to choose early croppers that will mature by the end of summer – you should be aiming to harvest from August onwards.

Reliable ones include Moneymaker, Black Beauty and Bonica, but for something a little different, you could try a gourmet variety such as Rosa Bianca.

This not only looks gorgeous with its rose tinted white skin, it has a creamy, delicate flavour to savour.

Never too soon to plan the year ahead

■ If you haven't sent your Christmas tree for recycling yet, you can cut the side branches off – these make useful covers for tender plants outdoors, protecting them while allowing them to breathe.

■ Prune one third of blackcurrant stems to ground level to encourage new growth.

■ The garden is looking frosty at the moment – don't walk on frosty lawns as this will damage them. Ponds are icy –

JOBS FOR THE WEEK

if you have fish, break the surface with a stick to allow oxygen in.

■ In the veg garden, protect your cabbage plants from pigeons with netting or fleece. Remove any yellow leaves as they are dead and may harbour disease or pests.

■ Start planning your veg plot

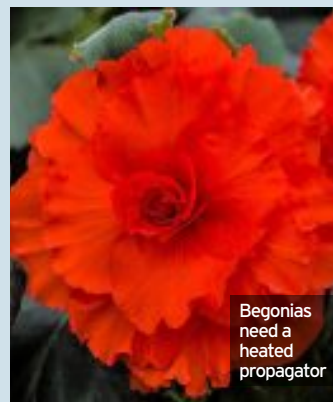
for this year. What would you like to be eating fresh from the garden in summer and autumn? If space is limited, consider dedicating a few pots to veg and/or herbs.

■ Cover your veg patch with some polythene now to warm it up so you can sow veg early. You can start sowing some veg indoors, such as broad beans.

■ Sow begonia, lobelia and salvia seeds in a heated propagator.



Pruning will encourage new growth



Begonias need a heated propagator



A glorious sight, a shiny, fresh aubergine just waiting to be picked. Some varieties will grow outdoors in the UK but a polytunnel or greenhouse is best

ASK DIARMUID

Q I have a bay tree which is doing well and I'd like to propagate it. Can you tell me the best way to do this? Thank you.

Mrs Burgess

A The best way to do this is from cuttings, but you must be patient as it's quite a slow grower initially.

Semi-ripe cuttings can be taken from the mother plant in late summer - make sure you choose healthy-looking current season's growth. Remove from the main stem, tearing off gently so that you



have a bit of the stem attached. This is called a heel cutting.

Remove excess leaves - you only need about four - and dip the heel in hormone-rooting powder. Plant in a free-draining cuttings' compost, water in and cover with clear polythene. Place in a greenhouse or pop in a cold frame for the winter.

Check periodically that it doesn't dry out. Come spring, remove cover and acclimatise to outdoor life. All being well, you'll have a baby bay next autumn.

PLANT OF THE WEEK

ACER CAPILLIPES

THIS lovely little maple is also known as the snake bark - due to the distinctive white stripe markings on its smooth, olive green trunk.

Native to the mountains of Japan, this makes it an interesting feature tree for

the winter garden.

But, like other maples, it won't disappoint in the autumn with its fiery display of yellow, orange and red leaves.

Plant in full sun or partial shade in a moist, well-drained soil.



Picture: jacksonsnurseries.co.uk

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residential lettings



Guardian are delighted to offer this one bedroom ground floor flat in Amberry Court, located at a short walk from the town center and train station. This property benefits from gas heating and is close to local amenities. Available end of January. EPC - D.

£680 PCM

Amberry Court



Guardian are delighted to offer this one bedroom ground floor flat. Available from mid February. An internal viewing is advised for this part furnished property. EPC - C.

£710 PCM

Little Cattins



Located in this popular area. One bedroom, unfurnished, ground floor flat in good decorative order. Property comprises fitted kitchen, lounge, bedroom, bathroom and allocated parking. Available early March. EPC - D.

£725 PCM

Markwell Wood



Guardian are delighted to offer this excellent one bedroom ground floor flat situated in the popular Great Parndon area. The property is available early February and offered part furnished. An internal viewing is advised. EPC - C.

£750 PCM

Sovereign Court



Guardian are delighted to offer for rent this lovely two bedroom maisonette close to the Staple Tye. This first/top floor property is offered part furnished. Gas heating, double glazed windows, two large bedrooms and wooden floors. Available now. EPC C.

£825 PCM

Five Acres



Great two bedroom top floor apartment in Priory Court, on the outskirts of Harlow. With modern fitted kitchen, gas central heating, two double bedrooms and balcony. Available early February - call to view. EPC - C.

£885 PCM

Priory Court



Guardian are delighted to offer this three bedroom maisonette with garden. The property is located in close proximity to shops and amenities and is available early February. An early internal viewing is advised. EPC - B.

£925 PCM

Mercers



Guardian are delighted to offer this two bedroom terraced property in Kingsland. This property benefits from gas heating and is close to shops and amenities. Available early March. EPC - D.

£950 PCM

Kingsland



Guardian are delighted to offer this three bedroom house located within walking distance to the shops and amenities of Staple Tye, an internal viewing is advised. The property is available early February. EPC - D

£1000 PCM

Milwards



Lovely three bedroom house within walking distance of Bush Fair. Comprising entrance hallway, large fitted kitchen with space for dining table, good sized lounge, three bedrooms and bathroom. Manageable rear garden. Available NOW!. EPC - E.

£1200 PCM

Longfield



Good sized three bedroom house in Potter Street, available now. Freshly painted throughout, good sized rear garden. Ideal family home. EPC - D.

£1200 PCM

Potters Field



Guardian are delighted to offer this three bedroom house, the property is in excellent condition throughout and is available early march. An internal viewing is advised. EPC - D.

£1195 PCM

Seymours



The property comprises entrance hallway, downstairs WC, large fitted kitchen, lounge overlooking rear garden, three bedrooms, en-suite shower room to master bedroom and family bathroom. Garage included. Available Now! EPC - C.

£1250 PCM

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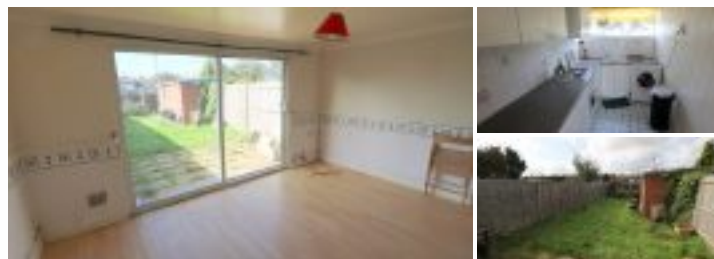
residential sales



O.I.E.O - Guardian Sales are delighted to offer you this one bedroom flat located on the 2nd floor of a secure block in Church Langley. The flat benefits from built in wardrobes and intercom system on entrance.
EPC: C

Wedgewood Drive, Harlow

£184,995



No-Onward Chain - A fantastic opportunity for both first time buyers and investors. Guardian are excited to be offering this large 3 bedroom, non standard construction property in the area of Cannons Brook.
EPC: E

Cannons Brook, Harlow

£220,000



Fantastic for both first time buyers and investors alike, Guardian are proud to be offering this one bedroom flat in the very sought area of Dadswood, situated in the town centre.
EPC: C

Dadswood, Harlow

£160,000



Guardian Residential are delighted to offer this immaculately presented one bedroom first floor flat in the ever popular Markhall Moors area of Harlow.
EPC: D

Tanys Dell, Harlow

£165,000



Guardian are delighted to present a three bedroom mid terrace house in Berecroft. Great first time buy or investment, current tenant paying £1,095.00 pcm. Double glazing, gas central heating. Downstairs WC and three good sized bedrooms.
EPC: C

Berecroft, Harlow

£250,000



Guardian are delighted to offer a rarely available two bedroom mid terrace house in a quiet, cul-de-sac location in sought-after Archers.
EPC: C

Archers, Harlow

£270,000



Guardian are delighted to offer this immaculate 2nd floor flat in the popular private area of Bromley Close. The property is conveniently located and ready to move into.
EPC: D

Bromley Close, Harlow

£219,999



On the market with Guardian, well maintained two bedroom terraced house in the desirable location of Pittmans Field, Harlow. Two good sized bedrooms, a family bathroom and tucked away in a quiet cul-de-sac, this is a brilliant first time buy or investment.
EPC: D

Pittmans Field, Harlow

£245,000



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace.
EPC: D

Taylifers, Harlow

£275,000



Coming to the market with Guardian is this well maintained 4 bedroom town house located near to the town centre as well as shops and schools.
EPC: E

Pittmans Field, Harlow

£295,000



Ideally located for easy access to the M11 junction, two bedroom terraced property in the popular Potter Street area of Harlow. The property boasts two large double bedrooms, a modern fitted galley kitchen and large through lounge.
EPC: C

Pottersfield, Harlow

£249,995



Guardian are delighted to offer a two bedroom end of terrace house in Vicarage Wood. Perfect for first time buyers and investors, current tenants in the property since March 2011. Double glazed throughout, gas central heating, large garden with brick built shed.
EPC: E

Vicarage Wood, Harlow

£249,995



Guardian are delighted to offer this faultless immaculate four bedroom semi detached extended house with conservatory.
EPC: B

Byngahms, Harlow

£395,000



SOLD - TWO BUYERS NARROWLY MISSED OUT - SIMILAR REQUIRED

Northbrooks, Harlow

£179,999

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£475,000



SAWBRIDGEWORTH,
AWAITING EPC, £375,000



HARLOW
EPC BAND D, £279,995



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EPC BAND D, £1400 PCM*



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EPC BAND C, £1,000 PCM

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CHURCH LANGLEY EPC BAND C, £1,400 PCM



NAZEING EPC BAND D, £600,000



GILSTON, EPC BAND B, £924,950

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Offers in excess of £274,995

- Two Bedroom Home
- Mid Terrace
- Gas Central Heating
- Modern Fitted Kitchen & Bathroom

- Large Lounge Diner
- Double Bedrooms
- Viewing Recommended



COALPORT CLOSE OIEO £270,000

- Two Bedroom Home
- Allocated Parking Space
- Stamp Duty Free for First Time Buyers
- Lounge Diner 14'3 x 13'1
- Fitted Kitchen 6'11 x 9'8
- Bedroom One 11'2 x 13'0
- Bedroom Two 6'4 x 12'10



POTTER STREET £275,000

- No Onward Chain
- Rarely Available
- Two Good Size Bedrooms
- Lounge 12'1 x 18'3
- Kitchen 8'7 x 5'11
- Fitted Bathroom
- South Facing
- Garden
- Set on Private Road



MOORFIELD £155,000

- One Bedroom Ground Floor Flat
- Large Kitchen & Lounge Diner
- Modern Fitted Bathroom
- No Onward Chain
- Gas Central Heating
- Outskirts of Harlow
- Walking Distance to Shops



FOLDCROFT OIEO £195,995

- Two Bedroom Maisonette
- Close to Train Station & Hospital
- Close to Harlow Town Centre
- Gas Central Heating
- Double Glazing
- Fitted Kitchen and Bathroom
- Offered with No Onward Chain



NEW INSTRUCTION

CHALLINOR

£349,995

- Three Bedroom Detached Home
- Gas Central Heating & Double Glazing
- Open Plan Kitchen Diner
- En-Suite to Master Bedroom

- Neatly Presented Garden
- Modern Fitted Bathroom
- Downstairs Cloakroom
- No Onward Chain



CHAPELFIELDS Offers over £280,000

- Three Bedroom Home
- Mid Terrace
- Potter Street Location
- Gas Central Heating
- Double Glazing
- Open Plan Kitchen Diner
- Lounge



Shawbridge OIEO £280,000

- Three Bedroom Family Home
- Chain Free
- End of Terrace
- Three Double Bedrooms
- Popular Location
- Gas Central Heating



PEACOCKS

Offers over £278,950

- Three Bedroom Family Home
- End of Terrace
- Fitted Kitchen & Bathroom
- Open Plan Lounge Diner

- Garage En Bloc
- No Onward Chain



THE MAPLES £280,000 - £285,000

- Chain Free
- Three Bedrooms
- In Need of Modernisation
- Lounge 15'11 x 11'8
- Kitchen 15'11 x 9'3
- Two Double Bedrooms
- Downstairs Cloakroom



PEACOCKS Offers in excess of £284,995

- Three Bedroom Family Home
- Fitted Kitchen & Bathroom
- Gas Central Heating
- Allocated Parking Space
- Outskirts of Harlow
- Open Plan Lounge Diner
- Double Glazing



NEW INSTRUCTION

HOBBS CROSS ROAD

£395,000

- Chain Free
- Bungalow
- Recently Renovated
- Shower Room & En-suite

- Summer House
- Generous Garden
- Off Street Parking
- Rural Outlook & Stunning Views



NEW
INSTRUCTION

CHURCHGATE STREET

£335,000

- Two Bedroom Cottage
- Churchgate Street Location
- Lounge 10'11 x 14'9
- Modern Fitted Kitchen

- Loft Room 15'9 x 9'6
- Bedroom One 12'1 x 11'0
- Bedroom Two 10'7 x 5'4
- Family Bathroom



PIRIY COURT

£290,000

- Three Bedroom Town House
- Own Drive
- Close to Schools & Amenities
- Good Size Garden
- Downstairs Area



OLD HARLOW

Offers in excess of £355,000

- Period Cottage
- Modernised Throughout
- Three Bedrooms
- Open Plan Ground Floor Area
- Real Oak Floors & Doors
- Fitted Wooden Kitchen
- Parking Space to Front
- Courtyard Style Garden



RADBURN CLOSE

£285,000

- Three Bedroom Family Home
- Close to Harlow Common
- Unoverlooked Garden
- Good Size Lounge
- Diner
- Close to Schools & Shops
- Lounge Diner 16'6 x 9'11
- Bathroom & Separate WC



THE FORTUNES

£323,000

- Four Bedroom Family Home
- Corner Plot
- Large Lounge
- Kitchen Diner
- Utility Room & Downstairs Cloakroom
- Modern Fitted Bathroom
- Viewing Recommended



NEW
PRICE

EAST PARK

Offers in excess of £385,000

- Popular Sought After Location of Old Harlow
- Lounge 10'5 x 23'9
- Dining Room 10'1 x 9'7
- Modern Kitchen 17'3 x 8'11

- Garage
- Close to Old Harlow High Street
- Walking Distance of Train Station
- Close to Local Schools



BENTLEY DRIVE

£349,995

- Three Bedroom End of Terrace Home
- Modern Fitted Kitchen & Bathroom
- Gas Central Heating & Double Glazing
- Allocated Parking
- Conservatory
- Close to All Amenities



NEW HALL

£349,995

- Well Presented
- Two Double Bedrooms
- En-Suite to Master Bedroom
- Driveway to Front
- Sun Terrace
- Modern Kitchen
- Breakfast Room
- Lounge 13'7 x 11'4
- Downstairs Cloakroom



NEW
INSTRUCTION

WHIELDON GRANGE

Offers in excess of £590,000

- Six Bedroom Detached Family Home
- Immaculate Condition Throughout
- Gas Central Heating & Double Glazing
- Large Lounge

- Modern Kitchen with Open Plan Dining area
- En-Suite to Master Bedroom
- Good Size Garden
- Close to all Local Amenities



BROOKLANE FIELD

£378,995

- Four Bedroom Family Home
- Sought After Area
- Good Access M11/M25
- Needs Updating
- Close to All Amenities
- Utility Room
- Lounge & Separate Dining Room
- Good Potential



BUSH FAIR

£284,995

- Three Bedrooms
- Utility/Store Room
- Close to Amenities
- L-Shaped Kitchen
- Lounge Diner
- Modern Fitted Bathroom
- Gas Central Heating
- Newly Fitted Windows



HIGH HOUSE ESTATE

£550,000

- Extended Family Home
- Three/Four Bedrooms
- Lounge & Separate Dining Area
- Conservatory 21'10 x 9'5

- Excellent Condition Throughout
- Kitchen & Utility Area
- Gas Central Heating & Double Glazing
- Garage



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HARLOW, CHURCH LANGLEY & NEW HALL | 01279 444988



NEWMANS END £2,500 PCM

- 5 Bedrooms
- En-suite to Master
- Semi Rural Location
- * Admin Fees Apply
- EPC Rating D
- Must Be Viewed
- Beautiful Views
- Parking
- Available Now



MALLARDS RISE £1,400 PCM

- Detached Property
- Three Double Bedrooms
- EPC Rating D
- Church Langley
- Close To Schools & Local shops
- En-Suite To Master Bedroom
- Downstairs Cloakroom
- Conservatory
- * Admin Fees Apply
- Available Early March



FIR PARK £1,350 PCM

- Three Bedroom Family Home
- Some Kitchen Appliances Included
- Modern Property
- New Carpets
- Garage
- Close To All Amenities
- Available Now
- EPC Rating E
- * Admin Fees Apply



VICTORIA GATE \$925 PCM

- Two Bed Apartment
- Top Floor
- Intercom Entry
- Allocated Parking
- Kitchen Appliances Only
- * Admin Fees Apply
- EPC Rating C
- Available Now



MOORFIELD £825 PCM

- Two Bedroom Flat
- First Floor
- Gas Central Heating
- EPC Rating D
- Unfurnished
- Kitchen Appliances Only
- * Admin Fees Apply
- Available Now



TYE GREEN £775 PCM

- One Bed Bungalow
- Oven Only
- Shower Only
- Garden
- New Carpets
- Decorated
- EPC Rating D
- * Admin Fees Apply
- Available Now



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HERONS WOOD, HARLOW

£475,000

- FOUR BED DETACHED
- LARGE EXTENSIONS
- GARAGE & DRIVEWAY
- CLOAK ROOM
- LARGE PLOT
- UPVC D/GLAZED WINDOWS
- GAS HEATING
- INTERNAL PHOTOS ONLINE



CHAPEL FIELDS, HARLOW

£265,000

- TWO BED SEMI
- CUL-DE-SAC LOCATION
- MODERNISED THROUGHOUT
- NO ONWARD CHAIN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



ABBEYDALE CLOSE, CHURCH LANGLEY

£297,500

- TWO BED SEMI
- GARAGE & DRIVEWAY
- SOUTH FACING GARDEN
- SOUGHT AFTER LOCATION
- UPVC D/GLAZED WINDOWS
- GAS HEATING
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



CLOVERFIELD, HARLOW

£229,950

- TWO BED MAISONETTE
- GROUND FLOOR
- LONG LEASE
- MODERNISED THROUGHOUT
- PRIVATE GARDEN
- NO SERVICE CHARGES
- GAS HEATING
- UPVC D/GLAZED WINDOWS



GREAT PLUMTREE, HARLOW

£271,950

- THREE BEDROOM TERRACE
- FITTED KITCHEN
- CLOSE TO AMENITIES
- RECENTLY RE-DECORATED
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



SOVEREIGN COURT, HARLOW

£180,000

- ONE BED GROUND FLOOR FLAT
- PRIVATE LOCATION
- ALLOCATED PARKING
- NO ONWARD CHAIN
- LONG LEASE
- UPVC D/GLAZED WINDOWS
- GAS HEATING
- INTERNAL PHOTOS ONLINE



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UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY

01279-410084



**Chelsea
Gardens**

£235,000

- STAMP DUTY EXEMPT
- A Two Bedroom Ground Floor Flat
- Allocated Parking
- Lounge/Diner
- Telephone Entry System
- E.P.C Rating: D



**Chamberlain
Close**

£267,500

- A Two DOUBLE Bedroom Terrace House
- Allocated Parking For Two Cars
- Fitted Kitchen
- Lounge / Diner
- Secluded Private Rear Garden
- E.P.C. Rating: D



Doulton Close

£320,000

- Three Bedroom End Of Terrace House
- Situated In Cul-De-Sac Location
- En-suite To Master Bedroom
- Garage
- Driveway For One Vehicle
- EPC Rating: C



**Bunting Street,
Newhall**

£350,000

- A Two Bedroom Linked- Detached House
- Open Plan Living/ Diner and Kitchen
- Garage & Private Driveway For One Car
- Downstairs WC
- Secluded Garden
- EPC Rating: B



Tatton Street

£374,995

- A Four Bedroom Terrace House
- CHAIN FREE
- Carport For Two Vehicles
- En-Suite To The Master Bedroom
- Open Plan Living / Kitchen & Dining Area
- E.P.C Rating: C



Ashworth Place

O.I.R.O
£400,000

- Three Bedroom Detached House
- Garage & Driveway For Two Vehicles
- Double Glazing Throughout
- Fitted Family Bathroom
- Fitted Wardrobes To The Master Bedroom
- E.P.C. Rating: D



Malkin Drive

£415,000

- A Four Bedroom End Of Terrace Townhouse
- Downstairs W/C & First Floor Bathroom
- En-suite To The Master Bedroom
- Overlooking Playing Fields
- Driveway For Two Vehicles
- E.P.C. Rating: D



Pilkingtons

£475,000

- Five Bedroom Detached House
- Separate Lounge & Dining Room
- Four DOUBLE Bedrooms
- Conservatory To The Rear
- Parking For Multiple Vehicles
- EPC Rating: C



Doulton Close

O.I.E.O
£325,000

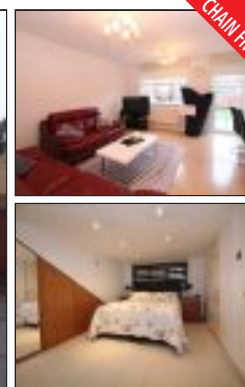
- Three Bedroom End Of Terrace House
- En-suite To Master Bedroom
- Garage
- Driveway For One Vehicle
- Downstairs WC
- EPC Rating: D



Denby Grange

£380,000

- Four Bedroom Semi Detached House
- CHAIN FREE
- Three Double Bedrooms
- En-suite to Master Bedroom
- Driveway For Two Vehicles
- EPC Rating: C





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19 EASTGATE, HARLOW
01279-433033



Pegram's Court

O.I.R.O
£205,000

- Two Bedroom Top Floor Flat
- Allocated Parking Space
- Lounge/Diner With Dual Aspect Windows
- Private Build Close To Local Shops
- Chain Free
- EPC Rating: C



Rye Croft

O.I.E.O -
£260,000

- Three Bedroom Terraced House
- Chain Free
- Spacious Lounge/Diner
- An Ideal First Time Buy Or Investment Opportunity
- Approx. 50ft Rear Garden
- EPC Rating: D



Moorfield

O.I.R.O -
£264,995

- A Two Bedroom Mid Terrace House
- Immaculate Condition In Our Opinion
- Kitchen/ Diner
- Brick Built Stove For Outside Dining
- Approx. 30ft Rear Garden
- EPC Rating: C



Tanys Dell

O.I.E.O -
£ 270,000

- Three Bedroom Mid Terrace
- Fitted Kitchen
- Lounge
- Perfect Home Or Investment
- Approx. 50ft Rear Gardens
- Awaiting EPC Rating



Ladysnot

O.I.E.O -
£290,000

- Three Bedroom Terraced House
- Fitted Kitchen With Integrated Appliances
- Downstairs Cloakroom
- Approximately 40ft Rear Garden With Rear Access
- Lift From Dining Area To Bedroom Three
- EPC Rating: D



Pittmans Field

O.I.R.O -
£290,000

- Three Bedroom End Of Terrace House
- Cul De Sac Location
- Easy Reach Of Schools & Local Amenities
- Fitted Kitchen
- Landscaped Garden To Rear Aspect
- EPC Rating: D



Pegram's Court

O.I.R.O -
£290,000

- Three Bedroom House
- Fitted Kitchen
- Chain Free
- Two Double Bedrooms
- Perfect Home Or Investment
- EPC Rating C



Old Orchard

O.I.R.O
£545,000

- Five Bedroom Detached House
- Front Drive For Several Cars
- Through Lounge/ Dining Area
- Ground Floor Cloakroom
- Decorated To A High Standard In Our Opinion
- EPC Rating: F



Risdens

O.I.R.O
£210,000

- FOR SALE BY ONLINE AUCTION
- Starting Bid 160,000 Terms and Conditions Apply
- Call Now To Book Your Viewing Slot
- CHAIN FREE
- Two Bedroom Split Level Maisonette
- EPC Rating: C



Brays Mead

O.I.R.O -
£295,000

- Three Bedroom Terraced House
- Chain Free
- Well Presented In Our Opinion
- Lounge/Diner
- Approx. 40ft Rear Garden
- Awaiting EPC





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WHY INSTRUCT
ANYONE ELSE?

AFFORDABLE LETTING FEES LANDLORDS WANTED TENANTS WAITING



19 Eastgate, Harlow
01279-450400



Dadswood

- 1 Bedroom Flat
- Right near the hospital
- EPC Rating - C
- Additional Fees - see in branch

£775



Hare Street Springs

- 1 Bedroom Flat
- Moments from Princess Alexandra Hospital
- EPC Rating - C
- Additional Fees - see in branch

£775



Quarry Springs

- 2 Bedroom Flat
- Two Double Bedrooms
- EPC Rating - D
- Additional Fees - see in branch

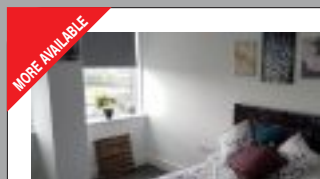
£950



Wedhey

- 2 Bedroom Flat
- Located near Princess Alexandra Hospital
- EPC Rating - D
- Additional Fees - see in branch

£950



Terminus House, CM20

- Immaculate Studio Flats
- In the heart of Harlow Town
- Fully furnished with brand new appliances
- Additional Fees - see in branch

£675

**WINNERS OF A RECORD
13 ESTAS AT THE 2016
ESTATE & LETTING
AGENT AWARDS...**



IN THE BIGGEST CONSUMER SURVEY OF ITS KIND IN THE PROPERTY INDUSTRY, THE PRESTIGIOUS ESTATE AND LETTINGS AGENTS AWARDS 2016, AS VOTED FOR BY THE GREAT BRITISH PUBLIC, WE CAME OUT ON TOP...AGAIN! INCLUDING BEST OFFICE IN THE UK!!

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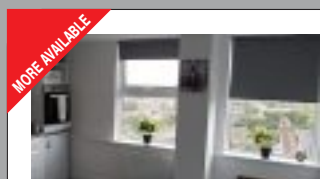
*Terms and conditions apply.



Dukes Ride, Bishops Stortford

- 2 Bedroom House
- Spacious, with Garage
- EPC Rating - D
- Additional Fees - see in branch

£1,100



Terminus House

- Immaculate Studio Flats
- In the heart of Harlow Town
- Fully furnished with brand new appliances
- Additional Fees - see in branch

£650



Northbrooks

- 3 Bedroom House
- Next to Princess Alexandra Hospital
- EPC Rating - D
- Additional Fees - see in branch

£1,200



Terminus House, CM20

- Immaculate Studio Flats
- In the heart of Harlow Town
- Fully furnished with brand new appliances
- Additional Fees - see in branch

£625



Moss Lane, Newhall

- 4 Bedroom House
- Immaculate condition with driveway
- EPC Rating - B
- Additional Fees - see in branch

£1,750

Fees - Please see in branch for details.



£318,500 LITTLE CANFIELD (Warwick Road)
Immediate vacant possession and no onward chain. 3 bedroom semi-detached modern house with a fitted kitchen, downstairs w.c., lounge/diner, 3 bedrooms, en-suite and main bathroom, enclosed rear garden, single garage and parking. Must be viewed. **SOLE AGENTS.**



£328,250 BISHOPS STORTFORD (Tanners Wharf)
Vacant possession and no onward chain. 2 bedroom riverside apartment with its own private decked outside area, en-suite to master bedroom, further bathroom and a modern fully fitted kitchen. Fantastic views over the River. Short walk to station.



PRICE GUIDE £379,950 SHEERING (Primley Lane)
3 double bedroom home offered with no onward chain. Approx. 50ft garden, 3 reception rooms, kitchen, ground floor shower room plus main family bathroom. Viewing essential. Sole agents.



£435,000 SAWBRIDGEWORTH (School Lane)
3 bedroom townhouse. Only 4 years old with a remaining NHBC guarantee. Parking, detached garage, good size garden, nice kitchen/family room, lounge/dining room, en-suite to master bedroom. Offered with immediate vacant possession. No onward chain. Sole agents.



£464,950 SAWBRIDGEWORTH (Springhall Road)
4 bedroom home set in a prime position, ideal for schooling and village centre. sitting room, balcony, modern kitchen/dining room with raised private terrace, utility, main bathroom plus ground floor shower room, parking for 2 cars and landscaped garden.



£465,000 SAWBRIDGEWORTH (Church Crescent)
Totally renovated and improved 3 bedroom detached property with just a 5 mins walk to train station. Close to town centre. Contemporary finish with a large open plan living room, kitchen, south facing garden, excellent parking. Sole agents.



GUIDE PRICE £489,950 HARLOW
Extended and nicely maintained 4 bedroom detached family house with a 65ft south facing rear garden, garage, lounge, dining room, study/office, downstairs w.c., large kitchen, en-suite to master bedroom. Quiet cul-de-sac location. Owners found and ready to move. Sole agents.



£539,000 LITTLE LAVER (Ongar)
Rare barn conversion with fantastic rural views, exposed period features, vaulted ceilings, exposed brick walls, open plan living, 2 bedrooms, good size garden, parking and cartlodge. No chain. Recommended.



£545,000 HATFIELD BROAD OAK
Very pretty period 4 double bedroom cottage with a 95ft garden, views over farmland, lots of charm and character throughout, garage, parking. Highly sought after village. Sole agents.



£695,000 SAWBRIDGEWORTH (Great Hyde Hall)
Georgian style 4 bedroom spacious family home with a double garage, front and rear gardens, 2 bath/shower rooms, 3 reception rooms, 40 acres of communal grounds. 10 mins walk to station. Superb views and a stunning location. Sole agents.



£700,000 MANUDEN (Butt Lane)
4 bedroom, 4 bathroom detached family home in a country lane location within a highly sought after village. Fitted kitchen, living/dining room, study, utility, home cinema room, lots of parking, cartlodge. Offered with immediate vacant possession and no onward chain. Sole agents.



GUIDE PRICE £800,000 (High Wych)
COMING SOON 4 bedroom detached house with an en-suite to the master bedroom, family bathroom, downstairs w.c., study, family room, lounge, fitted kitchen, large rear garden, single garage, parking for 6-7 cars. Double glazed and gas central heating. Vacant possession offered. Sole agents.



£935,000 HIGH WYCH
5 bedroom detached house in a small gated development. Village centre location. Double garage, 2 en-suites, further family bathroom and separate shower room, landscaped gardens, 3 reception rooms, large kitchen/breakfast room, utility. No chain. Sole agents.



£965,000 SAWBRIDGEWORTH (Pishiobury Drive)
Spacious 6 bedroom family home with an independent annexe. Large sitting room, magnificent garden/family room, contemporary kitchen, en-suite, large family bathroom, 200ft south facing garden and excellent parking



£1,450,000 LITTLE LAVER
5,500 sq ft. Fabulous barn conversion. Many period features, large kitchen/breakfast room, magnificent living room, vaulted dining hall, 5 double bedrooms, master bedroom suite with stunning views, impressive gallery, lots of parking, triple bay cartlodge and store. No onward chain.



£750pcm SAWBRIDGEWORTH (The Meadows)
1 bed ground floor apartment, well presented throughout. With French doors overlooking the communal gardens, an open plan kitchen with appliances, bedroom with fitted wardrobes, and bathroom. Outside there is off road parking and communal gardens. Available Now



£825pcm SAWBRIDGEWORTH (The Meadows)
Unfurnished, ground floor one bedroom apartment is fully double glazed with gas fired heating. Fitted kitchen and bathroom, impressive sitting room with doors to communal gardens, double bedroom with built-in wardrobes. Ample parking and available early February.



£895pcm SAWBRIDGEWORTH (Lawrence Moorings)
A well presented, 2 bedroom, second floor apartment situated in a just a short walk from mainline station. Bright lounge with over the river, fitted kitchen with appliances and bathroom. Parking and communal gardens.



£1095pcm BISHOPS STORTFORD (Cannons Close)
2 bed semi detached bungalow situated in a quiet location. Bathroom and kitchen, 2 good size bedrooms and a bright lounge with doors overlooking the rear garden. Rear garden and driveway parking for one car. Available Now



£1275pcm SAWBRIDGEWORTH (The Crest)
3 bedroom extremely well presented family home only a short walk from amenities. 3 bedrooms to first floor plus shower room, with a sitting room opening through to kitchen/diner to ground floor, garden to rear and casual parking to front. Unfurnished and available immediately.



£1295pcm LEADEN RODING (St Michaels Mews)
3 bed family home set over three storeys. Bright lounge with French doors overlooking the rear garden, separate kitchen, downstairs wc, 2 double bedrooms and family bathroom to the 1st floor and a master bedroom with en-suite to the 2nd floor. 2 allocated parking spaces, rear garden.



£1325pcm BISHOPS STORTFORD (East Road)
Immaculately presented, 3 bedroom home situated in an ideal location within short walking distance of station. Living room, stunning open plan kitchen and dining area, brand new bathroom and three bedrooms. Good size rear garden and permit parking on the road to the front. Available now.



£1495pcm SAWBRIDGEWORTH (Bickerton Court)
1200sqft duplex apartment in a newly constructed development only a short walk to the station. Comprising huge lounge/dining room with balcony, fitted kitchen, 2 bedrooms and 2 bathrooms. Parking, gas fired central heating.



£1795pcm BARNSTON (Bishops Green)
3 bedroom detached chalet bungalow set in just over three acres which is maintained. Entrance hall, ground floor bedroom with bathroom, kitchen/breakfast room, utility, sitting room, dining area, study, with 2 bedrooms and shower room to the first floor. Ample parking, detached double garage.



£2650pcm MATCHING GREEN (Downhall Road)
Detached 4 bedroom family home in a highly sought after location. Large kitchen with separate utility, opens onto sitting/dining room area with bi-folding doors, ground floor bedroom and 3 bedrooms and 3 bathrooms to the first floor, parking and detached double garage.

Howick & Brooker

Gothic House, Station Road, Old Harlow, CM17 0AP



£200,000
TANYS DELL, HARLOW

- Two Bedrooms
- First Floor
- Lounge/Diner
- Popular Location
- Balcony
- EPC Rating: F



£200,000
HADLEY GRANGE, CHURCH LANGLEY

- One Bedroom
- Own Rear Garden
- Allocated Parking
- Ground Floor Apartment
- No Onward Chain
- EPC Rating: D



£279,999
WEDGEWOOD DRIVE, CHURCH LANGLEY

- Two Bedrooms
- End Terrace
- Two Parking Spaces
- Separate Dining Room
- No Onward Chain
- EPC Rating: D



£284,995
PEACOCKS, HARLOW

- Three Bedrooms
- End Of Terrace
- Lounge/Diner
- Southern Side Of Town
- Allocated Parking
- EPC Rating: D



£285,000
EAST PARK, OLD HARLOW

- Two Bedrooms
- Mid Terrace Property
- No Work Required
- Lounge/ Diner
- Views Over Woodland
- EPC Rating: D



£319,995
JOCELYNS, OLD HARLOW

- Three Bedrooms
- Mid Terrace Property
- Detached Garage
- Close To High Street
- No Onward Chain
- EPC Rating: F



£319,995
GUILFORDS, OLD HARLOW

- Three Bedrooms
- End Of Terrace
- Refurbished Throughout
- Chain Free
- South Facing Garden
- EPC Rating: - TBC



£324,995
WOODHILL, HARLOW

- Three Bedrooms
- Mid Terrace Property
- Garage On Bloc
- Downstairs W.C.
- Popular Location
- EPC Rating: - TBC



£334,995
LINFORD END, HARLOW

- Three Bedrooms
- Semi Detached
- Downstairs Shower Room
- Driveway Potential
- Rarely Available
- EPC Rating: - TBC



£349,995
SPARROWHAWK WAY, NEWHALL

- Two Double Bedrooms
- Driveway
- Link Detached
- En-Suite
- Sun Terrace
- EPC Rating: C



£350,000
PERRY LANE, NEWHALL

- Two Bedrooms
- Two Bathrooms
- Terraced
- Garage & Carport
- Kitchen/Diner
- EPC Rating: C



£369,995
CANOPY LANE, NEWHALL

- Three Bedrooms
- Downstairs W/C
- Semi Detached
- Parking For Two Cars
- One Owner Since New
- EPC Rating: TBC



£395,000
ALLENS GREEN, SAWBRIDGEWORTH

- Two Bedrooms
- Mid Terrace
- Open Plan
- Mains Services
- Off Street Parking
- EPC Rating: D



£399,995
CHAPEL FIELDS, HARLOW

- Four Bedroom
- Semi Detached
- Attic Conversion
- Two Cloakrooms
- Solar Panels
- EPC Rating: - TBC



£399,995
MULBERRY GREEN HOUSE, OLD HARLOW

- End Of Terrace
- Two Bedrooms
- Allocated Parking
- Conservatory
- Walking To Shops
- EPC Rating: C



£450,000
BRAGGOWENS LEY, NEWHALL

- Four Bedrooms
- Semi Detached
- Off Street Parking
- Two Bathrooms
- Immaculate Throughout
- EPC Rating: C

sales@hbproperty.co.uk

01279 418888

info@hbproperty.co.uk



Jump Onto The Property Ladder £159,995
Mallows Green EPC C

Offered for sale chain free and located on the outer skirts of Harlow is this one bedroom top floor flat. The property is within reach to local amenities and would make a great purchase for a first time buyer. Ref 14101
View Today!



Ample Living Space OIEO £325,000
Sharpecroft EPC C

Located within walking distance to the town centre and Harlow hospital is this three bedroom family home that has been extended and benefits from a ground floor shower room, off road parking and double garage to the rear. Ref 13695
Get In Quick



Village Life £325,000
The Plashets EPC D

A lovely family house with panoramic views of countryside fields offering three bedrooms and a detached study/garden room with a driveway. Call haart Harlow to arrange your viewing. Ref 13315
Viewing Advised



Going, Going, Gone! £400,000
Fenton Grange EPC C

This property located in one of Church Langley's most popular turnings has now been sold STC, If you are thinking of selling give us a call today! 01279 443311 Ref 13996
Call Call Call



Close To Town Centre
Northbrooks

£240,000
EPC E

This centrally located two bedroom end of terrace family home sits on a good plot where you are able to extend to the side. This property is offered chain free and with the town centre not far away this home will suit a first time buyer or an investor. Ref 13987

Seeing Is Believing



Detached Family Home
Ashworth Place

£475,000
EPC D

Located in a popular turning on Church Langley and facing onto a woodland is this David Wilson Homes built detached 4 bedroom family home with garage and ensuite to master bedroom. Call haart to book your viewing today. Ref 14127

A Must View



Life On One Level

Stony Wood

Located within a popular quiet cul-de-sac turning is this detached two/three bedroom bungalow. The property is well presented and offers spacious living accommodation that is easily adaptable to create another bedroom if needed. Viewing advised. Ref 14123

- Two Bedrooms
- Detached
- Garage
- Off Road Parking

Make That Call

- Spacious Rear Garden
- Conservatory
- Dining Room
- Chain Free



Another Wanted £365,000
Bowhill Way EPC B

This modern three double bedroom family home has now been sold STC, after many viewings and many interested applicants. If you are thinking of selling in this area please call 01279 443311. Ref 12632
Call Us Today! 01279 443311



Popular Location £265,000
Challinor EPC C

Located on the ever popular Church Langley development and built by Barret Homes in 1997 is this two bedroom terraced home, offering a ground floor WC and allocated parking for two cars. Ref 13965
Pick Up And Dial



New Home £415,000
The Woodward EPC TBC

A fabulous, four bedroom detached family house arranged over three floors boasting a living/dining room with French doors leading onto the rear garden, and there is a separate kitchen. Ref 13756
View It! Love It!



Guide Price £315,000 - £325,000
Sold Sold Sold EPC E

The Seeleys
Located within a short walk to Old Harlow's High Street is this three bedroom middle terrace with garage and off road parking. The property is being sold chain free. Ref 13945
Call To Book Your Free Valuation



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THURSTANS, HARLOW

- Four/Three Bedrooms
- Three Receptions
- Premium Location
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- Detached Home
- Stunning Orangery
- Large Garden Plot
- EPC Rating: D

£599,995



CHELSEA GARDENS, HARLOW

- Five Bedrooms
- Two Reception Rooms
- Southerly Garden
- Tandem Garage & Driveway
- Detached Home
- Quiet Cul-De-Sac
- WC & Utility Room
- EPC Rating: TBC

£559,995



CHELSEA GARDENS, CHURCH LANGLEY

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & W.C
- Ripptide Swim Spa
- EPC Rating: TBC

£549,995



MOSS LANE, NEWHALL

- Three Double Bedrooms
- Kitchen/Breakfast Room
- Sun Terrace
- Driveway
- Link Detached
- Two Receptions
- Ground Floor WC
- EPC Rating: B

£399,995



NEW

CHELSEA GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Garage & Driveway
- Two Receptions
- Chain Free
- Detached Home
- Popular Location
- Southerly Garden
- EPC Rating: TBC

£394,995



CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Private Rear Garden
- Garage & Drive
- Detached House
- Immaculate Home
- En-Suite & W.C
- EPC Rating: D

£384,995



REDWING WAY, NEWHALL

- Two Double Bedrooms
- Open Plan
- Driveway
- NHBC Warranty Remaining
- Semi Detached
- Quiet Cul-De-Sac
- Immaculate Throughout
- EPC Rating: B

£344,995



ALBERT GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

£339,995



PRIORY COURT, HARLOW

- Four Bedrooms
- Recently Redecorated
- Driveway
- Overlooking Lattin Common
- Town House
- Ensuite To Master
- Private Close
- EPC Rating: TBC

£339,995



MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Cloakroom/W.C
- Garage To Rear
- Terraced Home
- Croutace Build
- Southerly Gardens
- EPC Rating: C

£294,995



ABBEYDALE CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Modern Kitchen
- Lounge/Diner
- Allocated Parking
- Terraced House
- Westerly Garden
- Popular Location
- EPC Rating: C

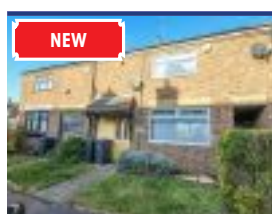
£284,995



SPRUCE HILL, HARLOW

- Three Bedrooms
- Well Presented
- Lounge/Diner
- Ground Floor WC
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC

£279,995



NEW

WILLOWFIELD, HARLOW

- Two Double Bedrooms
- Lounge/Diner
- Modern Kitchen
- Popular Location
- Middle Terrace
- 40ft Rear Garden
- Ideal First Purchase
- EPC Rating: C

£249,995



BROMLEY CLOSE, HARLOW

- Two Double Bedrooms
- Close To Amenities
- Allocated Parking
- Chain Free
- Ground Floor Apartment
- Lounge/Diner
- Ensuite To Master
- EPC Rating: C

£214,995



NEW

SOUTHERN LODGE, HARLOW

- One Bedroom
- Immaculately Presented
- Lounge/Diner
- Residents Parking
- First Floor Apartment
- Warden Assisted Development
- Communal Gardens
- EPC Rating: TBC

£189,995



SOLD STC

MORE NEEDED

HILLY FIELD, HARLOW

- Four Bedrooms
- Two Receptions
- Garage & Driveway
- Chain Free
- Detached House
- Premium Location
- South Facing Garden
- EPC Rating: TBC

£499,995



SOLD STC

MORE NEEDED

CORNER MEADOW, HARLOW

- Three Bedrooms
- Garage & Driveway
- Private Development
- Chain Free
- Detached
- Well Presented
- Three/Four Receptions
- EPC Rating: D

£399,995



SOLD STC

MORE NEEDED

PEACOCKS, HARLOW

- Three Bedrooms
- Two Receptions
- Modern Kitchen
- Allocated Parking
- End Of Terrace
- Popular Location
- Close To Amenities
- EPC Rating: D

£279,995

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RUNDELLS, HARLOW

- Five Bedrooms
- Extended Property
- Kitchen/Breakfast Room
- Garage & Driveway
- Semi Detached
- Large Corner Plot Garden
- Rarely Available
- EPC Rating: TBC

£499,995



ALBERT GARDENS, CHURCH LANGLEY

- Four Bedrooms
- Garage & Driveway
- Well Presented
- Chain Free
- Detached Home
- Two Reception Rooms
- Conservatory
- EPC Rating: TBC

£450,000



MILLERSDALE, HARLOW

- Four Bedrooms
- Two Receptions
- Kitchen/Bkfst Room
- Garage & Drive
- Detached Home
- Long Gardens
- Cul-De-Sac Location
- EPC Rating: D

£429,995



PYENEST ROAD, HARLOW

- Three bedrooms
- Driveway
- Un-Overlooked Garden
- Popular Location
- Semi Detached
- Two Reception Rooms
- Ground Floor WC
- EPC Rating: TBC

£369,995



SPARROWHAWK WAY, NEWHALL

- Two Double Bedrooms
- Well Presented
- Overlooking New School
- NHBC Warranty
- Link Detached
- Kitchen/Diner
- Driveway
- EPC Rating: B

£349,995



CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Westerly Garden
- Driveway
- Link Detached
- En-Suite Shower
- Immaculate Home
- EPC Rating: E

£349,995



LATTON GREEN, HARLOW

- Three Bedrooms
- Driveway
- Two Receptions
- Chain Free
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

£339,995



NEW

SAVOY WOOD, HARLOW

- Three Bedrooms
- En-Suite Shower
- Loft Extension
- Allocated Parking
- Terraced Home
- Two Receptions
- Modern Kitchen
- EPC Rating: TBC

£319,995



GLAN AVON MEWS, HARLOW

- Three Bedrooms
- Allocated Parking
- Modern Kitchen/Diner
- Well Presented
- End Terrace Home
- Quiet Cul-De-Sac
- Ground Floor WC
- EPC Rating: TBC

£304,995



LONG LEY, HARLOW

- Three Bedrooms
- Lounge/Diner
- Popular Location
- CHAIN FREE
- Terraced Home
- Modern Kitchen
- Private Garden
- EPC Rating: E

£264,995



GREEN HILLS, HARLOW

- Three Bedrooms
- Two Receptions
- Popular Location
- CHAIN FREE
- Terraced Home
- Conservatory
- Enclosed Garden
- EPC Rating: D

£264,995



BLACKBUSH SPRING, HARLOW

- Two Double Bedrooms
- Lounge/Diner
- Large Rear Garden
- Popular Location
- End Terrace
- Modern Fitted Kitchen
- Westerly Garden
- EPC Rating: TBC

£259,995



HOLLYFIELD, HARLOW

- One Bedroom
- Lounge/Diner
- Chain Free
- Close To Amenities
- First Floor
- Apartment
- Popular Location
- EPC Rating: C

£159,995



REGENCY COURT, HARLOW

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- Ground Floor
- Apartment
- Residents Parking
- EPC Rating: D

£149,995



NEW

UPPER MEALINES, HARLOW

- One Bedroom
- Lounge/Diner
- Popular Area
- Chain Free
- First Floor
- Apartment
- Ideal Investment
- EPC Rating: TBC

£144,995



SOLD STC

MORE NEEDED

THE FORTUNES, HARLOW

- Two Bedrooms
- Lounge/Diner
- Popular Location
- Well Presented
- End Of Terrace
- Close To Amenities
- 40ft Rear Garden Approx
- EPC Rating: E

£249,995



SOLD STC

MORE NEEDED

FELMONGERS, HARLOW

- Two Bedrooms
- First Floor
- Popular Location
- Large Apartment
- Lounge/Diner
- Chain Free
- EPC Rating: C

£184,995



SOLD STC

MORE NEEDED

SPENCERS CROFT, HARLOW

- Two Bedrooms
- Balcony
- Lounge/Diner
- First Floor
- Flat
- Chain Free
- Popular Area
- EPC Rating: C

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**Bush Fair****£149,000**

"CHAIN FREE", Ground floor 1 bedroom flat, kitchen, lounge, shower room, Double glazing, gas heating, walk to shops, schools and bus services.

Old Harlow**£999PCM**

Lovely 2 bedroom flat situated in this gated complex alongside the River Stort, Fitted kitchen, lounge, unfurnished, ready now

Old Harlow**£299,995**

"CHAIN FREE", well kept 3 bedroom house, walk to Railway Station & River Stort, Lounge, downstairs wc, fitted kitchen, double glazed, gas heating via radiators.

Savoy Wood**£280,000**

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WHEELS

TEST DRIVE: Fiat 124 Spider 1.4 MultiAir Turbo Lusso by Steve Grant



AT A GLANCE

- **Model:** Fiat 124 Spider 1.4 MultiAir Turbo Lusso
- **Price:** £23,745
- **Mechanical:** 140bhp, 1,368cc, 4cyl petrol engine driving rear wheels via 6-speed manual gearbox
- **Max speed:** 134mph
- **0-62mph:** 7.5 seconds
- **Combined mpg:** 44.1
- **Insurance group:** 26
- **CO2 emissions:** 148g/km
- **BIK rating:** 28%
- **Warranty:** 3yrs/unlimited mileage

SPIDER SENSE

Let's get over this bit quickly. Yes, the Fiat 124 Spider is based on the suspension and underbody of Mazda's world-conquering MX-5. Yes, it's built in Japan and, yes, some of the interior is familiar too.

But, the similarities – apart from both being extremely good fun to drive – really do end there.

The Spider is slightly bigger and is powered by its own engine – a turbocharged 1.4 pinched from the Alfa Romeo Giulietta.

And, because the Italian has turbo power rather than the Mazda's naturally-aspirated 1.5-litre engine, the driving experience is noticeably different.

For a start, you don't have to work the six-speed manual gearbox so hard and there's plenty of turbo power on tap for overtaking lorries and slower vehicles on our major roads. It's a very comfortable cruiser.

Get out of town and, like the MX-5, the 124 Spider comes alive. To be driven hard on Britain's rolling roads are what both these cars are made for and there's very little in it.

The question is, would you prefer an enjoyable thrash of Mazda's naturally-aspirated roadster, or the more powerful punch of the Spider's turbocharged unit and its 240Nm of torque?

The difference is that marginal.

However, Fiat has tweaked the roadster's suspension very slightly for greater stability during braking and turning while its electric power steering system has been specifically tuned for a more direct 'feel'.

The set-up means it does away with the skittishness of some firmly-sprung sports models and instead feels composed on bumpy B-roads.

Push it hard and it feels easy to control with plenty of grip and, as it's rear-wheel drive, you can use the accelerator to lean on those rear tyres and help bring the car around bends as well. Superb fun.

The 140bhp, 1.4-litre engine officially returns 44.1mpg so it's good to report I managed a healthy 37.1mpg.

Where the Fiat also edges it is in looks. Whereas the latest MX-5 has a sharp, modern shark nose, the styling of the Fiat harks back to the lovely looking 124 Spider of the mid-60s. There's a real dash of classic Italian flair to its retro-lite finish. With its long bonnet, and cockpit hunkered low near the rear axle, the profile view is pure classic roadster.

Time and time again during the time I spent with the Spider, the word used was 'pretty'. It's hard to disagree on that score. Just the view out over that long bonnet makes it feel special.

Just as in the Mazda, the lightweight, multi-layer canvas hood can be operated manually, one-handed from the driver's seat in seconds. When it's up, the outside world is kept out very impressively. But, let's face it, it's with the roof down that two-seater roadsters are at their best.

Fortunately, air flow over the top of the Spider is smooth so even if the weather is a little wintry you can fold the hood back. And turn up the heater.

As you would expect the cockpit is snug but comfortable even for my large frame. In fact, even my 75-year-old mother was comfortable and found it easy to get in and out – easier than me with the roof up.

The cabin feels well-built and is finished with a variety of good quality soft-touch and classy looking materials. Everything useful is within easy reach where it should be and there's a wonderfully clear view of the three-dial instrument cluster.

Naturally, there's little storage space in the cockpit – just a small lockable compartment between the seats – and only enough luggage space for a weekend away. Isn't that what you want from a two-seater roadster?

Leaving aside a tuned Abarth version, the Fiat 124 Spider comes in three trims in the UK – Classica, Lusso and Lusso Plus –

all well-equipped. Standard equipment on the entry-level Classica version includes four airbags, air con, a leather-trimmed steering wheel with audio controls, a leather-trimmed gear knob, cruise control with speed limiter, 16-inch alloy wheels, keyless engine start and an infotainment system with USB, AUX and Bluetooth connectivity.

The mid-range Lusso version is equipped with a seven-inch touchscreen infotainment system with DAB, Wi-Fi, two USB ports and satnav, and rear parking camera as well.

It is also equipped with 17-inch alloys, heated leather upholstery, automatic climate control, front fog lamps, keyless entry and chrome exhaust tips.

The top Lusso Plus model adds adaptive LED headlamps, automatic lights and wipers and a nine-speaker BOSE sound system.

So, the Fiat 124 Spider and the Mazda MX-5 share the same DNA but have evolved differently. The great thing for potential buyers is, they now have two excellent and affordable two-seater roadsters to choose from.



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WHEELS

MORGAN CELEBRATES 50

By Ian Johnson

Once described as the brand that could not last in the face of modern competition, that marvel of the Malverns, Morgan reigns supreme as a very British manufacturer of sports cars.

And perhaps its most iconic product, the Plus 8 has shown that the traditional British sports car design will never bow down to gimmickry or fashion.

Such has been the success of the Plus 8 that it is now celebrating half a century, a milestone to be celebrated by the Morgan Motor Company announcing a 50th Anniversary Special Edition to be revealed at the Geneva Motor Show in March.

The family-owned, bespoke sports car manufacturer will produce 50 of the special edition

models, each to be sold through their existing Dealership network. The Plus 8 50th anniversary edition will be a true V8-powered thoroughbred tribute to Morgan's most celebrated four-wheeled model.

Technology

The Plus 8 continues to pioneer new technology within the classic Morgan bloodline. Deriving its name from the eight-cylinder engines it has adopted throughout its life, this model consistently offers the greatest power to weight ratio of any Morgan.

It is, without doubt, a rare combination of craftsmanship, luxury and technology.

A lightweight aluminium chassis and 4.8-litre BMW engine sit beneath the traditional Morgan body. At just 1,100kg, the Plus 8 is one of the lightest V8 passenger

cars in the world and is capable of 0-62mph in 4.5 seconds and has a top speed of 155mph.

First conceived by Peter Morgan, the Plus 8 prototype was revealed to the public at the Earls Court Motor Show of 1968. Then sporting a Rover V8 engine and a Moss gear box, the original Plus 8 was based on a Plus 4, but was larger and featured a large number of changed or upgraded hand-crafted parts.

The first Plus 8 production model was one of the most successful cars that the company has ever built, and production continued for 36 years. Approximately 6,000 Plus 8s were built at Morgan's Pickersleigh Road factory until the model was put on hold in 2004 when the production of Rover V8 engines ceased.

In 2012, the Plus 8 was spectacularly reborn into the Morgan range, on a lightweight aluminium



chassis with the powerful 4.8-litre BMW engine, as used in the Aero range. It quicker than any 'classic'

Morgan before it.

This very special car will be the star of the show on the Morgan stand when it makes

its public debut at the 2018 Geneva Motor Show in March alongside the race-inspired Aero GT.

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Model shown is MY18 RAV4 Hybrid Icon Tech 5 door FWD 2.5 VVT-i Auto £29,545. Price excludes metallic paint at £545. Prices correct at time of going to print. *0% APR Representative only available on new retail orders of RAV4 Hybrid between 18th December 2017 and 2nd April 2018 and registered and financed through Toyota Financial Services by 30th June 2018 on a 24 month AccessToyota (PCP) plan with 0%-35% deposit. ^Payment shown is based on a 24 month AccessToyota contract with £9,283 customer deposit and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC; registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Offer may be varied or withdrawn at any time. 8,000 miles per annum, excess miles over contracted charged at 12p per mile. Toyota Centres are independent of Toyota Financial Services. Participating Toyota Centres. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty. Terms and conditions apply.

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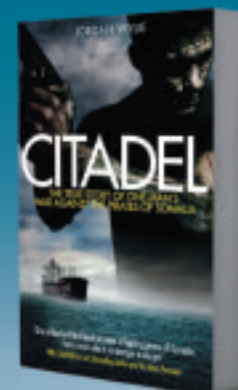
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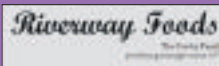
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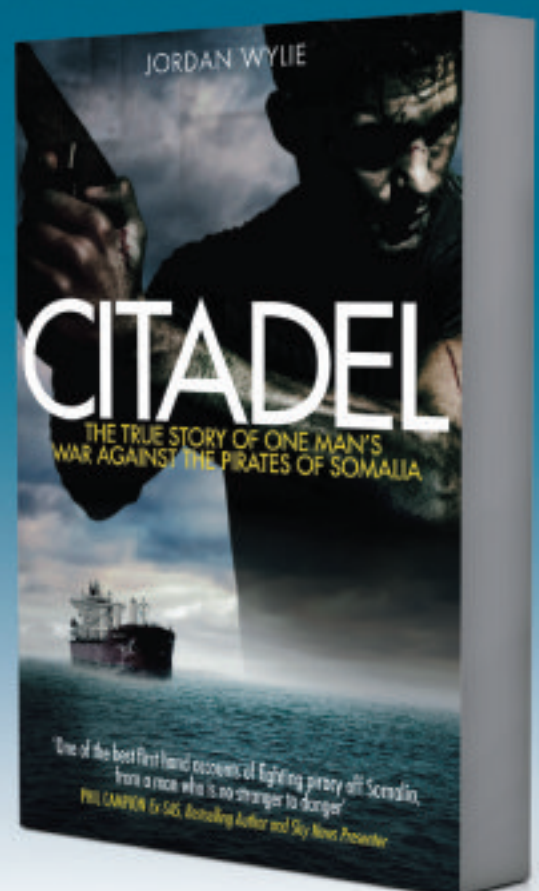
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LOUIS VUITTON Authentic Bags for sale. Various, guaranteed, photos avail. Bought in London with car tags. From £100 Tel: 01277 363696 or 07748 934743

NEXT SHORTS Next Mens 'skinny' jean shorts 30" (76cm) worn for one week on holiday (2 pairs) as new (button flies) £7.50 each or 2 pairs for £12 Tel: 07736 165651

SHAKE BANGLE fabulous New, boxed, gold tone designer. Chunky beautiful, unused present - pics avail by email. Bargain £75 ono Tel: 01277 363696 or 07748934743

USA ARMY Clothing jacket, shirts, sweaters, gloves, poncho, scrim netting £25. 10 two US ARMY CAMMO jackets, poncho, slacks, hat, scrim nets. bargain £85 Tel: 01277 200530

Clothes for Her

DUNLOP STEEL TOE Safety footwear, Black, Size 8, in excellent condition worn once £12 ono Tel: 01702 231002

EDINBURGH TARTAN SKIRTS NEW 2 ladies pure wool scotch orig, tartans size 18 both. bargain £40 Tel: 01277 200530

JEANS BLACK Primark Mens Skinny black jeans W30 L30 (were £10 new - still with tags) on £5 Tel: 07736 165651

LADIES COAT ladies camel coat from next size 10 in very good condition. £20.00 ono Tel: 01245 259723

LADIES COAT Next Maxi Overcoat. 80% wool. Navy blue. Size 12. Excellent condition. £15 Tel: 01621 893321 or 07887842073

LAURA ASHLEY vintage suit red/black dogtooth check size 14, double breasted jacket, pleated skirt. £15.00 Tel: 01277 811359

LEATHER JACKET black leather biker style with tassles, size small, hardly worn - bargain £30 Tel: 01277 200530

MANS SUIT GREY FLANNEL jacket Reids size 48R jacket 44R trousers new condition £40 ono Tel: 07961 142187

WEST END SHIRTS 9 hardly used, bargain £20. city velvet collar coat dk grey. Has new bargain £40 Tel: 01277 200530

CAMEL COAT camel coat size 14 made by elvi good condition £20 ono Tel: 01245 443149

LADIES COAT ladies coat from top shop size 10 in very good condition £20.00 ono Tel: 01245 259723

MENS SHEEPSKIN coat sheepskin coat L hardly worn £40 ono Tel: 01245 443149

NEXT LADIES long line coat Long, warm navy coat size 16 £15.00 Tel: 01277 811359

STEEL CAPPED Safety Shoes, black, size 6 in excellent condition £12 ono Tel: 01702 231002

WOMANS TOPS 4 ladies tops all in perfect condition £15.00 Tel: 01245 259723

LADIES SKIRT Riddella pleated skirt, size 18, striped leather mix, 60% wool 40% acrylic, variable heat options with a heat protection bag. £12 0744861291 Letchworth £71188

Fashion

CURLERS Remington professional soft curls tongs. Double protect on with ceramic and Teflon, variable heat options with a heat protection bag. £12 0744861291 Letchworth £71188

Footwear

LADIES LEATHER BOOTS SPANISH 'B THE BEST' BOOTS SIZE 40 (6 1/2 UK) LIGHT TAN SOFT LEATHER, SYNTHETIC SOLE, POINTED TOES, ZIP FASTENING, 2" HEELS 13" TO CALF MIN WEAR. £22 Tel: 07914 613112

BRAND NEW Gents Slippers (8) Cliford James black leather moccasins (size 8) Duplicate purchase so unworn and in original box with despatch packing. Photo on internet (huton) £15 Tel: 07713 869612

NEW COSY Feet Slippers Size 8/42, easy adjustable velcro strap, rubber soles for indoor and outdoor use and stiffened heels for stability. Cost £40. £5 Tel: 01279 865748 or 01279 865748

LADIES SHOES a pair of office ladies drivers size 4 colour taupe unused and in original box. £35.00 ono Tel: 01245 259723

LADIES SNOW boots pair of ladies snow boots in black with fur lining. £20.00 £20 Tel: 01245 259723

MENS SHOES clarks straight style, Caffe Nubuck 7G, unworn. Letchworth address. £20 01462 671188

SAFETY Boots Black Safety Boot to EN 345, ARCO size 9, steel toe caps, unused. Letchworth address. £10 01462 671188

**BuySell
marketPLACE**

Maternity

BAG OF Maternity Clothes Sizes XS, S, 6, 8 & 10. Approx 20 items. Including pair of jeans, leggings, tops, 3 dresses, nightwear, nappies, tops, etc. Great Baddow. £40.00 Tel: 07909 531909

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Mobility

MOBILITY SCOOTER

Shoprider, new solid tubeless tyres, good runner.

£250

Tel: 01245604606

MOBILITY SCOOTER

As new.

Phone Linda

£400

Tel: 07449930433

MOBILITY SCOOTER
PRIDE GO-GO ELITE
TRAVELLER LX

Ideal for shopping, leisure, hospital visits etc. and all daily use around town. Easily folds/dismantles into 3-5 parts for carrying in car boot (15kg heaviest part) - 10 miles range, 4 mph max speed, head lamp and swivel seat for easy embarkation and alighting. Comes with original manual and battery charger. Colour red. In great condition and very reliable. Very comfortable and gives the user independence when out and about.

Less than a year old but no longer required by user. Private sale.

£400 ovno

Tel: 07508 038489
or 01245359098STRYDER MOBILITY
SCOOTER

2 batteries
Range - approx 25 miles
Lights -
Colour - Burgundy
Large comfortable seat
vgc

£325.00 ono

Tel: 01245 223124
or 07873710665

ROLLATOR IS 4 wheel type in blue with brakes and seat, excellent condition. £40 ono Tel: 01702 231002

BATH BOARD with handle, as new. £13 ono Tel: 01702 231002

TRANSFER turntable Transfer turntable, heavy duty with a non-slip base. For maneuvering and changing the position of a disabled person when handling to transfer from e.g. bed to chair or car to wheelchair. Diameter 13 inch. In excellent condition. £50
07448661291 £50 07448 661291

Newspapers & Magazines

CRYSTAL GAME SET Comprises Chess, Draughts and Backgammon, in good condition never used £10 ono Tel: 01702 231002

Toys & Games

DOLLS HOUSE (Le Toy Van) Bay Tree House, 3 storey house, staircase, loft ladder and opening windows. FULLY FURNISHED with doll family. Boxed, very good condition. CM8 area. £100 ono Tel: 07904 032702

LITTLE TIKES FRONT END LOADER RIDE/IT ON BULDOZER LOADER IN VGC - NO MARKS OR CRACKS. STURDY CONSTRUCTION - LITTLE TIKES Length 20" (51cm) width 12" (30cm) Height 9" (23cm) £25 Tel: 07914 613112

Toys & Games

DOLLS HOUSE camper van (Le Toy Van). Wooden, rubber wheels, opening boot. Roof mounted surf board. Cooking set, gingham dinet.pillows. Boxed excellent condition. CM8 area £10 Tel: 07904 032702

FURREAL FRIENDS Scamps My Playful Pup Dalmatian Dog with accessory bone & rope. Responds to touch with sound & motion. Hasbro Toy 30cm Tall. Excellent condition. £10.00 Tel: 01277 655272

PIXEL CHIX Mattel Electronic Toy baby sitter single storey house & two storey house with roof pool. Can be linked together. Excellent working condition. £5.00 Tel: 01277 655272

SKYLANDS, GIANTS & Swap Force figures, all 3 Wii games, portals and carry bags, circa 75 figures and expansion chests. Excellent condition. Chelmsford area. £30.00 Tel: 07913 407155

BUILD-A-BEAR. VARIOUS animals (leopard, cat, bears) each with 2 outfits, shoes and accessory. Excellent condition. CM8 area. £8 Tel: 07904 032702

DOLLS HOUSE Outdoor Playset Wooden, multi-coloured double swing with climbing frame, elephant slide, horse spring toy. Excellent condition. CM8 area. £5 Tel: 07904 032702

FURREAL FRIENDS Newborn Bunny Rabbit grey with white tummy. Responds to touch with sound & motion. Hasbro Toy 18cm long. Very cute. VGC. £4.00 Tel: 01277 655272

LEGO BASIC bucket, mixture of cars and people or house, build your own. For average 7 years. Good value to add to collection for Christmas. £15 Tel: 01277 228427

BARBIE SCOOTER Barbie 3 wheeled scooter, Barbie roller skates and protective pads. £4 Tel: 01376 573492

BUILD-A-BEAR DOG white and brown with red collar, with sunglasses. 46cm. Excellent condition. CM8 area. £8 Tel: 07904 032702

FOOTBALL TABLE BARGAIN Ok for table top as legs missing, but works fine. Needs a ball £5 Tel: 07736 166551

BARBIE dolls each with two complete outfits. CM8 area. £8 Tel: 07904 032702

STAR WARS Attack of the clones helmet with sounds vgc £15 Tel: 07900 915943

STAR WARS large 31 inch storm-trooper new and boxed £20 Tel: 07900 915943

Watches & Jewellery

RADLEY WATCH brand new stainless steel with pink face and strap make a ideal valentines present £84 inround presentation box. £50.00 ono Tel: 01277 363696 or 0774850013

CHAMILIA BRACELET brand new love heart bracelet in presentation box and bag original £150 ideal for Feb 14th. £75.00 ovno Tel: 01277 363696 or 0774850013

CONCORDE WATCH collectors stainless steel 40th anniversaryboxed chronograph watch selling on ebay at over £100 £90.00 Tel: 01277 363696 or 0774850013

Mind, Body & Soul

24/7 Advertising for private and trade

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Hairdressers

MOBILE Hairdresser Reliable, friendly service. Call Lisa 07717710419

Self-serve
and save time

Massage & Therapy

QUALIFIED THERAPIST THERAPEUTIC MASSAGE
for relaxation and stress relief
Tel 07940820725

Wedding Directory

24/7 Advertising for private and trade

Wedding Wear & Bridal Wear



REMINGTON HEATED ROLLERS Set of fast heat 20 rollers, only used a few times, has a crack on the corner of the plastic lid. £15 Tel: 01621 854820 or 07756 047022

Pets

24/7 Advertising for private and trade

Cats

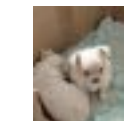
MISSING CAT



Have you seen Basil? Missing since Tuesday 16th Jan from Bengoe/Hartham. Slim, green eyes, beautiful tabby markings. Yellow collar, neutered and micro chipped. Reward for safe return, missed by his family.

Bengoe 07968 366502

Dogs

PEDIGREE
CHIHUAHUA
LONGHAIR PUPPIES

K/C reg vaccinated, wormed, home reared, microchip ed, ready for new loving home. phone for full details
saffron walden 07908 163752 or 01799 585974

Equestrian

Equestrian

24/7 Advertising for private and trade

Horse Feeds



**T: 01279 442388
F: 01279 419845**
www.eastwicklodge.co.uk

BOOK via MOBILE

Horses, Ponies & Riding

RIDING BOOTS pair of ladies black riding boots size 4 regular fit in perfect condition £30.00 ono Tel: 01245 259723

Home

24/7 Advertising for private and trade

Aerials & Digital Receivers

PANASONIC CORDLESS Answering Phone System, base unit with phone and one other for another room. Compatible with Caller ID and SMS. Good condition. £10 Tel: 01279 226427

LOW NOISE Block Down Converter (LNB), 4 outputs suit 2 Sky Plus boxes or similar, brand new still boxed £10 ono Tel: 01702 231002

Articles Wanted

RECORDS
WANTED

CASH PAID FOR LP/EP AND SINGLE RECORDS IN GOOD CONDITION.
(NO 78's)
07906224080
01371876968

RECORDS
WANTED

50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP's, EP's AND 45's
01279 813400
07881 453435

Audio Equipment

TECHNICS SH-8058 Graphic Equal Equaliser with phono sockets for IN / OUT and Tape - rec & playback. 3 preset membranes (rock, jazz, vocal) and 3 programmable ones. Chelmsford area £20 ovno Tel: 07976 67401

TECHNICS TS-G560L Tuner Stereo tuner with LW/MW/FM options. Manual tuning wheel plus can store 10 presets, complete with loop aerial Chelmsford area £15 ono Tel: 07976 67401

TECHNICS SU-V660 Amplifier Amplifier has output for 2 sets of speakers. 6 inputs phono sockets for Aux / Tuner / CD / Phone / Tape / D.A. Chelmsford area £20 Tel: 07976 67401

Bathrooms & Accessories

BATHROOM/CLOAKROOM SUITES. Retro style. Two matching suites each including a toilet, cistern, basin and pedestal with floor design. Excellent condition. £150 for pair or each £90 Tel: 01621 893321 or 07887842073

PITCHER And Bowl set Ironstone made in England. Basin in good condition handle of pitcher has cracked and been repaired. Pitcher H 11in W 9in and Bowl H 4.5in W 11in Tel: 01279 865748 or 01279865748

BATHROOM CUPBOARD freestanding, T&G style, white, 2 shelves, 29.5" high, 14" wide, 12" deep, plus white wooden bathroom chair, both excellent condition. £15.00 Tel: 01621 860425

GOLD PLATED bathroom set, double towel rail, toilet roll holder and lovely oval mirror with matching gold plated fittings. These are top quality items. Reduced £25 Tel: 01277 226427

OLD PINE corner unit This traditionally made single shelf unit is ideal for saving space in a small bathroom or bedroom. W45cm x H63cm x D28cm. £40 Tel: 01279 865748 or 01279865748

SPLASH GUARD for bath with shower, holds the shower curtain in place against wall to stop water splash and leaks. Good condition and value. £10 ono Tel: 01277 226427

TOWEL RAIL Hard Wood Antique Vintage with Brass brackets collection Great Baddow, Chelmsford. £25.00 Tel: 07754 972492 or 01245476144

BED DOUBLED 4" 6" in black iron. Comes with NEW mattress 35 Tel: 01245 22601

MODERN TOILET for sale. Bianco Close Coupler. White with soft close seat. W405 D670 H790 (MM). Bought in error last June. £50 ono Tel: 01277 625208

Self-serve
and save time

Home

24/7 Advertising for private and trade

Bathrooms & Accessories

RADIATOR ladder towel rails For bathroom or cloakroom to be fitted to central heating £10 each x 2. 500cm x 1100cm. £10 07763 837884

Beds, Bedding, Bedrooms

ANTIQUE STAIN pine double bed the bed is approx.1550mm by 3000mm, originally from Conway Pine,very solid - vgc.condition, no mattress.bargain price for a quick sale £40 ono Tel: 01245 265754 or 07944258354

ELECTRIC ADJUSTABLE BED handmade in the UK, 3 ft. 6 (107cm) wide x 81" (205cm) long x 22" (56cm) high. Low height ideal for problem knees and hips. Memory foam mattress. £100 Tel: 07941 272120

PINE CHEST of 5 drawers 3 full size & 2 half size drawers ,medium stained ,excellent condition, a bargain for a quick sale, 82cm wide,39 deep,74 high £10 Tel: 01245 265754 or 07944258354

DRESSING TABLE Victorian style pine dressing table in good condition. 90cms wide. in 2 parts for easy transport. Buyer collects. £79.00 ono Tel: 01245 382133

WARDROBE 50'S style, size 19 inches deep x 48 inches wide x 72 inches tall. Centre door with 2 rails and shelves each side. £20 ono Tel: 01702 231002

SOFA BED

Sofa bed settee, very good quality, excellent condition, no marks, only used a few times, light green upholstery. £200

£200

Tel: 01245 476935
or 07767618742

TODDLER BED

Grey frame and new mattress. Only used for a few weeks. in good condition and from a smoke free home.

£35

Tel: 07568 565100

VICTORIAN DOUBBLE
BEDSTEAD

1880 black bedstead, good quality ornate bedstead with porcelain plaques and brass rosettes. With sprung base. A very comfortable bed and good condition.

£200

Tel: 01277 212909

SOLID PINE Headboard. Fits double bed. Excellent Condition, came from Conway Pine. Chelmsford area. £60.00 Tel: 07913 407155

DOUBLE BED frame slatted bottom new condition. £50 ovno Tel: 07961 142187

MAN UTD Curtains, bedside lamp, ceiling lampshade, bin and clock £20 Tel: 07736 165651

PINE HEADBOARD cathedral style, for 4.6" bed, excellent condition. £25.00 Tel: 01621 860425

BOOK ON MOBILE
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Beds, Bedding, Bedrooms

MATTRESS KOMFI
DELUXE DOUBLE
135"190"20CM

Memory foam mattress 7.5cm mem foam layer and 12.5cm ventilated base + washable cover. 10yrs old, 15yr warranty. Clean condition.

Soft - medium. Genuine reason for sale
C/v separate zip off waterproof washable cover. From a pet / smoke free home.

£120.00 ono

Tel: 01277 215619
or 07929361977

FUNKY FUTON Sofa Bed 6'8" by 4 Antique pine stained bed frame. Black Futon 6'6" by 4'. Good clean cond. Folds up for chair, flat bed. Small dbl & good guest/student bed. £35.00 Tel: 01277 215619 or 07929361977

WARDROBE and Drawers Wardrobe unit, Two wardrobes (2 door) with overhead storage and central dressing table top, drawers and mirror, height 85 inches, width 88 inches, depth 19 7/8 inches. Also four drawer unit, height 36 inches, width 29 inches, depth 16 inches. Both in melamine, light cream wood grain effect. Wardrobe can be separated for ease of transport. Can sell wardrobe and drawers separately. Has been used but in very good condition. Letchworth address. £100 01462 671188

IKEA MALM DOUBBLE BED. MALM BLACK/BROWN VENEER USED FOR 6 MONTHS. EXCELLENT CONDITION. INCLUDES 4 LARGE STORAGE DRAWERS THAT FIT UNDERNEATH AND FREE MATTRESS INCLUDED IF REQUIRED. BED READY TO COLLECT. AS WE WERE LET DOWN. £90.00 07706 814623 01992 444956

LEFT HAND CALLAWAY CLUBS Man's left hand Big Bertha 3 & 5 woods. Titanium Shafts. Very good Condition. Great Bargain £40 01279 501958

5 FOOT BRASS HEADBOARD Modern Brass Headboard for 5 foot bed. Very Good Condition. Great Bargain £12 01279 501958

FOLDING bed, Complete with mattress, cover & pillow, folds to a chair when not in use, good condition. £50 07961 094167

Carpets & Rugs

CARPET BEIGE with speckle approx 10ftx10ft with stairs pieces 10 months old buyer collect if poss. £99 Tel: 01245 443925 or 01245443925

RUG in lovely cream long pile. Size approximately 32" wide (80cm) x 59" long (150cm). Brand new so in vgc £25 Tel: 01277 652018

Photography

BINOCULAR - BARSKA Blackhawk compact 10x25 water/good, BAK 4 coated optics. New in original box with case. Good for bird watching/sport. Amazon's price £59. Ideal gift. £19 Tel: 07746 100626

EPSON PICTUREMATE Photo Printer with manual, CD ROM driver, power lead & sealed ink cartridge. Not boxed, but never used. Ring after 7.30pm. £35.00 ono Tel: 01245 610330

PAIR CURTAINS VELOUR light brown exc. cond.size each 9ft widex 7ft long bargain £10 Tel: 01277 200530

VENETIAN BLINDS paul simon 2 x 60mm x 152 mm 1 x 105 x 152 hardwood slats black , brand new boxed £35 Tel: 01245 602434

Computer Accessories

23 & 19inch LCD Wide Screens Computer Monitors. 1 LG Flatron Wide Screen 19inch LCD. VGC. Cost £80 only £30 ovno & 1 HP Pro Display 23inch. Wide Screen cost £149 New £50 ono Tel: 07444 143437

PALM VX Handheld PDA Hand sync cradle & battery charger via serial port. Leather case, stylus pens. Hand-book & CD. Ideal for enthusiasts/collector of vintage electronics £110.00 Tel: 01277 655272

SAMSUNG GALAXY Tab 3 - 7 inch WVGA screen, 1GB/8GB storage, SD slot, Android JB, WIFI, F/B camera, long battery. Boxed with original accessories & case worth £15. New condition. £65 Tel: 07746 100626

SATNAV BINATONE F435 satellite navigation system with case, car charger, windscreen holder and user guide. All in new condition & never used. £30.00 ono Tel: 01245 610330

DESK OK effect, suitable for home or office use. L 120 x D 65 x H 70. good condition £15 Tel: 07736 165651

FILING CABINETS 3 x wooden cabinets: W 18" 7 1/4" x D 18" x H 11" 1/4" x H 38" 3 1/2" £10.0 each or 3 for £25 Tel: 07736 165651

COMPUTER DESK with sliding shelf for keyboard, in excellent condition. £13 ono Tel: 01702 231002

IKEA DESK CHAIR Wooden/ok effect/chrome legs & wheels, excellent condition £15 Tel: 07736 165651

COMPUTER Workstation Sturdy metal frame with lockable casters. Melamine desktop, keyboard shelf and printer shelf. Built to take tallest tower PC. Very good condition. H75xW80xD500mm. Letchworth address. £40 01462 671188

LAPTOP Backpack Tech Air 17 inch laptop backpack, padded compartment, multiple pockets. Letchworth address. £20 01462 671188

Abs keep fit sit up equipment To strengthen abs £2 £2

Games Consoles & Games

NINTENDO Wii Band in a Box' wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used & in great condition. Ring after 7.30pm. £80.00 ovno Tel: 01245 610330

Curtains & Blinds

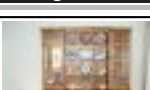
INTERIOR BLINDS
All types
Call Martin on
01279 726088
07836 702734

NET CURTAINS Assorted sizes, Jardines, Straight, Festoon and Cafe Drops. 49"-51". Widths 58"-18" (Romford) £10 Tel: 07948 318956

PAIR CURTAINS VELOUR light brown exc. cond.size each 9ft widex 7ft long bargain £10 Tel: 01277 200530

VENETIAN BLINDS paul simon 2 x 60mm x 152 mm 1 x 105 x 152 hardwood slats black , brand new boxed £35 Tel: 01245 602434

Dining Furniture



DUCAL VICTORIA BREAKFRONT DRESSER -

in antique pine with interior lights. Width 175cms/69ins, depth 46cms/18ins, height 190cms/75ins. Very good condition. Buyer would need to collect. The top and base come apart for easy transportation.

£195

Tel: 07776 223500
or 01245223500



DUCAL VICTORIA CORNER CABINET -

in antique pine with interior light. Width 71cms/28ins, depth 45cms/18ins, height 189cms/75ins. VGC. Buyer would need to collect. The top and base come apart for easy transportation

£95

Tel: 07776 223500
or 01245223500

DINING TABLE Polished mahogany effect extendable dining table. Unextended easily sits 6 to 10. Extended 8 to 12. Unextended 3' x 5'. Extended 7' long £30 one Tel. 07679 103436

SOLID WOOD Welsh Dresser Beautiful dresser in wonderful condition. Comes in two units top and bottom for easy transportation and is £75 for each unit. £75 Tel: 01279 865748 or 01279865748

UTILITY SIDEBORD 1940's approximately 4'6" wide x 33" high x 19" deep medium coloured, four drawers and two cupboards with shelves. Ideal for upcycling £20 Tel: 01277 652018

NEST OF three tables. A nest of 3 rectangular small tables, dark wood, in good condition. Largest table, 14' by 20" by 19" high. £9 one Tel: 01245 265754 or 07944 258354

OAK LAMPSTAND. All oak lampstand, 5 high, lovely ornate turned stem, has a cream lampshade £10 one Tel: 01245 265754 or 07944 258354

ANTIQUE OVAL mirror with a lovely oak oval frame, in good condition size 19" by 29". £15 one Tel: 01245 265754 or 07944 258354

COFFEE CUPS & Saucers Set BEAUTIFUL Aynsley Blue Mist delicate design, 6 piece set, still boxed never used. £45 Tel: 07736 165651

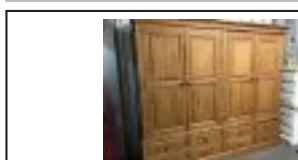
DINING table and six chairs Dark wood extending dining table length 145cm extending to 190cm, 35cm wide. Six matching dining chairs (including two carver chairs) upholstered in cream fabric. Pretty good condition. £50 ovno 01279 792693

DARK oak sideboard Dark oak sideboard, three central drawers and two cupboards (one either side of the drawers). Length 120 cm width 40 cm. Very good condition. £25 01279 792693

DIY & Tools

GEORGIAN STYLE window PVC Georgian style window & sill, 1180mm x1010mm x70mm. Very good condition, high quality window has been used looks like new, bargain price £27 one Tel: 01245 265754 or 07944 258354

Household Miscellaneous



WANTED FURNITURE WANTED

from one item to a whole house anything considered

I will collect and pay cash

For a fast and friendly service

Please call Robert on

£1-1000

Tel: 07725040930

DIY & Tools

MAKITA LIMITED edition 40th anniversary heavy duty adjustable pouch and belt set. Item no.66-637. Brand new and still in packaging. £40 Tel: 01245 440306 or 07788 190709

WORKING PLATFORM Ideal for garden or DIY work. Working height 590cm. 2 steps to working platform 645cmx350cm. Fitted guardrail, folds flat. Photo on website (hutton) £10 Tel: 07713 869512

KITCHEN MIXER put White Astracraft kitchen sink, mixer tap & fittings TP0047 P. Never been used, so condition as new £15 ovno Tel: 07944 258354 or 01245 265754

WOODEN WINDOW 815 wide x 1200 high, opening window and fan-light. Could be used in a garage or outbuilding £35 one Tel: 01702 231002

CIRCULAR SAW blade Trend craft pro tungsten carbide tipped 150 x 10mm unused £10 £10 Tel: 01245 440306 or 07788 190709

MAKITA TOOL bag black and red size approx. 50x30x35 cm unresized. 8 external and 5 internal pockets £25 Tel: 01245 440306 or 07788 190709

PILLAR TAPS Brand new never used. Bought for a now abandoned project. Suitable for a utility room or similar. £10 one Tel: 01702 231002

VERTICAL SLIDING Sash Weights 2 X 6.5 pounds, 2 X 6 pounds. They were used on sash windows. £20 one Tel: 01702 231002

STEPLADDER WOODEN Vintage Height fold folded, 7 steps (Romford) £10 Tel: 07948 318956

LADDER 14FT (4.3m) aluminium builder's ladder, extends to 25ft (7.7m) approx. Wheeled top section. Grooved safety rungs. New ladder feet. £65 one Tel: 01245 353992

WOODEN LADDER 13 foot extending wooden ladder with steel rungs, good condition. £30 one Tel: 01376 513998

DVD Players

SURROUND SOUND philips 5.1 new boxed with DVD player, bargain £50 Tel: 01277 200530

Fires, Heaters & Surrounds

SOLID CAST IRON Fire Basket Unusual and beautiful design and only been used to display dried flowers, cones and Christmas decorations. Measures 140cmx16cm 129cmx15in and 120cm x 53cm Tel: 01279 865748 or 01279 865748

DIMPLEX OIL radiators 1.3 kw, 2.1 kw perfect condition £35 Tel: 01268 769809

HEATER Metway 2Kw convector heater, thermostatic control, portable, good condition, suit shed or garage workshop. 50cm H, 60cm L, 12cm W. Letchworth address. £8 01462 671188

HEATER Ultratherm vivarium heater, 20watt, 17inch x 11inch. Letchworth address. £8 01462 671188

PROTECTOR POLYCARBONATE chair mat to protect flooring. 30x4ft, unused, still in packaging. £10 Tel: 01245 250582 or 07811 302642

VINTAGE LIBRA Scale Traditional cast iron scale, brass pan and weighing platform. Full set of brass internal weights. Great condition, will look fab in any kitchen. £40 Tel: 01279 865748 or 01279865748

HAND DRYER Heavy duty hand and face dryer 2.6 Kw in white. As new still in box. Cost £300 accept £100. £100 Tel: 01376 326541 or 075226 74505

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moneybox by Wade given at Nat-
West bank in the 80s very col-
lectable, pink in nappy with a large
safety pin. £15.00 ono Tel: 01277
363696 or 07748503013

WEDGEWOOD-COALPORT MINI-
ATURES for sale. Miniature tea set
items, Wild strawberry, Blue jasper,
Mirabelle, Kutani crane etc. Phone for
details and prices. From £10 Tel:
01621 854820 or 07756 047022

Antiques & Collectables

COALPORT WALLACE Arnold bone
china Christmas Collectors Plate
1991 6.5" unboxed Excellent con-
dition. £5 Tel: 01621 854820 or
07756 047022

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edition figurines, 1 bronze, 1td ed., 3
framed prints, book, etc. bargain the
lot £95 Tel: 01277 200530

COALPORT LADY figurine 'Ladies
of Fashion' - GERALDINE - approx. 8"
high, £45 Tel: 01621 854820 or
07756 047022

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cups and saucers unused very col-
lectible photos available. £42.00 ono
Tel: 01277 363696 or 07748 934743

JOHN WAYNE, 2 new wall plates
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01277 200530

WEDGEWOOD GLOBE sugar bowl
lidded with 2 side handles, 5" high,
Kutani crane. £12 Tel: 01621 854820
or 07756 047022

Antiques & Collectables

ROYAL DOULTON lady figurine 'Kirsty'
- approx. 8" high. £45 Tel: 01621
854820 or 07756 047022

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ther Driver 10 vgc £40 ono Tel:
01245 443149

TAYLOR MADE RBZ regular shaft 5
wood stage 2 with head cover £40
Tel: 07708 100443

TAYLOR MADE RBZ 3 wood stage 2
regular shaft with head cover £40
Tel: 07708 100443

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head cover £50 Tel: 07708 100443

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bag, brand new, £12.
Nevica Snowboard/ski
jacket, size M/L, bright
colours, brand new, £50.

Ladies stunning ski suit,
matching Gauntlett gloves
and hip purse, medium size,
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£55

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Property

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Public Notices

Essex County Council

(Various Roads, Harlow District)
(Temporary Prohibition of Traffic & Clearway) (No.1)
Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order:

1. To temporarily close the various lengths of road in the District of Harlow as specified in the schedule to this Order.
2. A temporary 'No Stopping' restriction will be introduced on both sides of carriageway on the above lengths of roads for the duration of the closure to facilitate the works. Signs will be installed indicating when the No Stopping restriction will be in force.

"The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation) Order 2011" will be temporarily amended to include the temporary 'No Stopping at Any Time' restriction and suspend any existing parking and waiting restrictions on the above lengths of roads only. All other restrictions and exemptions contained in the aforementioned Order and Amendments to that Order shall remain in force. The works being undertaken will take place within an 18-month period from 1st February 2018, exact dates will be specified on <http://roadworks.org/>. The roads will be closed to facilitate each phase and then re-opened to the public. Access will be maintained for emergency services. Diversion routes will be signed at each location and residents will be informed of the dates of each phase via letter/leaflet drop and advanced warning signs on the road.

For all enquiries please contact our Contact Centre on 0345 603 7631.

The Order will come into effect on 1st February 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Schedule

Location Description	Extents	Diversion
Brookside, Harlow	Brookside, Seymours – a distance of approximately 1155m	No diversion available
Shawbridge Estate, Harlow	Shawbridge, Holly Field, Southern Lodge – a distance of approximately 1179m	A1169 Southern Way, Kingsmoor Rd, Pynest Rd, Holly Field and vice versa

(Netherhall Road, Roydon)

(Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Netherhall Road, Roydon in the District of Epping Forest, from its junction with Sedge Green for a distance of approximately 320m in a northerly direction. The closure is scheduled to commence on 16th February 2018 for 1 day, or where stated on a valid permit (BC005CC1W0000NEA945626A – BT). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while new customer connection works are undertaken by BT.

An alternative route is available via Low Hill Road, Epping Road, Reeves Lane, Hamlet Hill, Netherhall Road and vice versa.

The Order will come into effect on 1st February 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

(Footpath between Watersmeet and Paringdon Road, Harlow) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Footpath between Watersmeet and Paringdon Road, Harlow in the District of Harlow, from its junction with Paringdon Road and its junction with Watersmeet, a distance of approximately 53m. The closure is scheduled to commence on 12th February 2018 for 19 days, or where stated on a valid permit (AZ0081000655544 – Cadent Gas). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while gas mains connection works are undertaken by Cadent Gas.

An alternative route is available via Watersmeet, Millersdale, Paringdon Road and vice versa.

The Order came into effect on 18th January 2018 and may continue in force for 6 months or until the works have been completed, whichever is the earlier.

(Brookside, Harlow)

(Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Brookside, Harlow in the District of Harlow, from a point approximately 15m north of its junction with Church End for a distance of approximately 50m in a southerly direction. The closure is scheduled to commence on 10th February 2018 for 9 days, or where stated on a valid permit (EP201EH10002168 – Essex County Council). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while carriageway reconstruction works are undertaken by Essex County Council.

An alternative route is available via Brookside and vice versa.

The Order will come into effect on 1st February 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

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Lost

LOST PASSPORT

Notice is hereby given that Mr Said Mustafa has lost his passport issued by the United Republic of Tanzania. If found please send to 22 Wellers Grove Cheshunt EN7 6HU or hand over to Tanzanian High Commission London or the nearest police station.

07928226363

mustafa.said11@gmail.com

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Public Notices

TOWN AND COUNTRY PLANNING ACT 1990
PLANNING (LISTED BUILDINGS AND
CONSERVATION AREAS) ACT 1990
Planning (Listed Buildings and
Conservation Areas) Regulations 1990
Town and Country Planning (Development Plans
and Consultation) Directions 1992

PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected online at www.harlow.gov.uk or at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG on Monday-Friday, 9am-4.45pm. If you are unable to view the plans during these times, please telephone Planning Services on 01279 446856 where a suitable appointment can be made with the relevant case officer. Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application No	HW/REM/17/00591	Ward: Old Harlow
Application Type	Approval of Reserved Matters	
Location	Parcel CP1B, Newhall Phase II, Harlow, Essex	
Proposal	Erection of 136 residential dwellings.	
Reason for Advert	Major Development	
Application No	HW/FUL/18/00013	Ward: Old Harlow
Application Type	Full Application	
Location	1 Park Hill, Harlow, Essex CM17 0AE	
Proposal	Re-render front and part side elevations.	
Reason for Advert	Listed Building in a Conservation Area	
Application No	HW/LBC/18/00014	Ward: Old Harlow
Application Type	Listed Building Consent	
Location	1 Park Hill, Harlow, Essex CM17 0AE	
Proposal	Re-render front and part side elevations.	
Reason for Advert	Listed Building in a Conservation Area	
Application No	HW/TP/18/10003	Ward: Old Harlow
Application Type	Works To Trees in a Conservation Area	
Location	1 The Wayre, High Street, Harlow, Essex	
Proposal	Lime Tree - fell & poison stump.	
Reason for Advert	Tree Works Within a Conservation Area	
Application No	HW/FUL/17/00540	Ward: Little Parndon & Hare Street
Application Type	Full Application	
Location	98 Morley Grove, Harlow, Essex CM20 1ED	
Proposal	Proposed house of multiple occupancy.	
Reason for Advert	Article 4 Direction Area	



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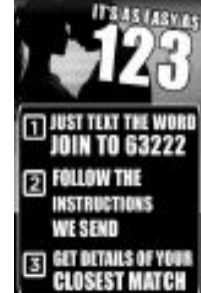
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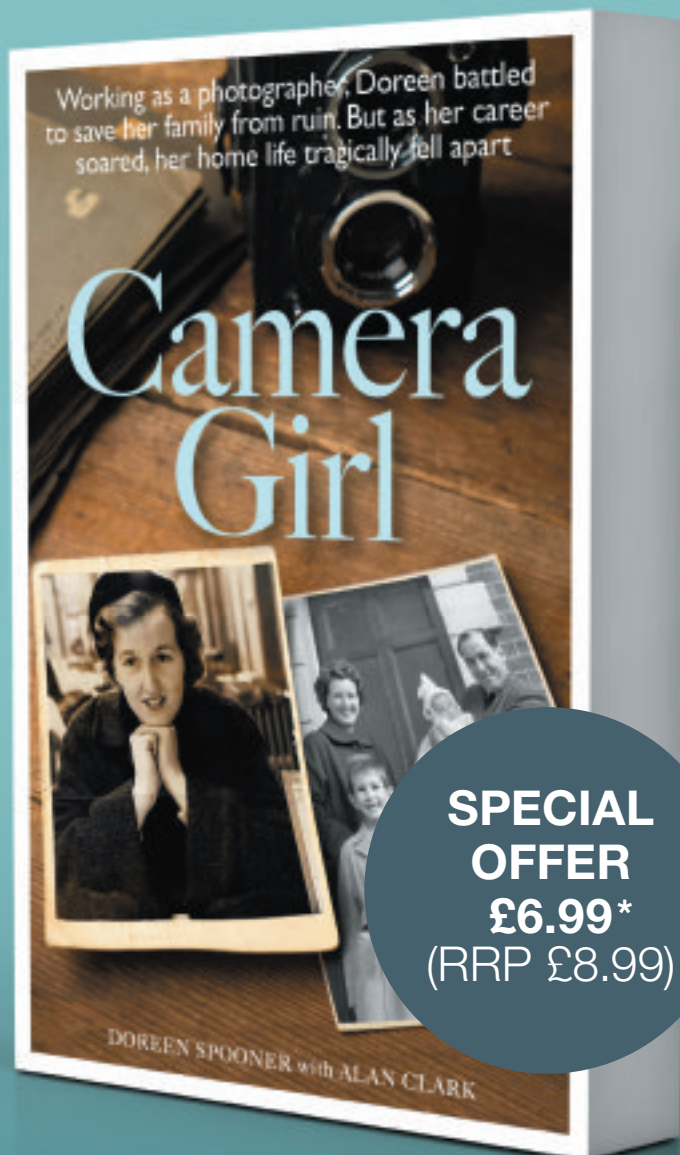
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Been left a message? Pickup your replies at:
 0906 515 4457
 (calls cost £1.50 per min plus your phone company's access charge)

female seeking

PAULINE, mature lady, well dressed and polite. Passionate about many things. Hoping to find a gent to share life's experiences. Friends of first then lets see how things work out. Pts too me. Tel No: 0906 515 4456 Box No: 429677

LOVELY kind lady, 50yrs, genuine and attractive. Hoping to meet a decent, caring man. Looking for a long-term relationship. Tel No: 0906 515 4456 Box No: 429675

1982 lady, 50s, likes eating out, socializing, walking, reading, many many interests, looking for a nice gent, 50-70, for friendship and possibly more, who knows! Tel No: 0906 515 4456 Box No: 429687

GEORGIA, lovely kind blonde lady, 20yrs, really hoping to meet kind, nice older gent. Father figure, strict but fair. Text Only! Box: 4181245

YOU do have to watch the quiet ones! June 47, full figured, warm, nice, no fat, seeks similar mate for some quiet times in together. Tel No: 0906 515 4456 Box No: 429671

PAUL, genuine, kind Thai lady. Own restaurant business in very busy WILTM white gent 30s, 1cm 43yrs and been living here for 5 years. Text Only. Box: 4181245

CONFIDENT fun female bored of spending time alone, looking for fun mate to share lots of laughs and good times. Tel No: 0906 515 4456 Box No: 429641

VICTORIA, elegant smart black lady, 42yrs, loves life, going to meet a chap of any age, must have OSHH. Text Only. Box: 429680

ALANORA, attractive slim professional 30yrs seeking similar lovely professional for drinks/meals out and mutual friendship. Tel No: 0906 515 4456 Box No: 429617

JAMUNA, attractive, smart intelligent lady, 42yrs, brunette with striking green eyes. Hoping to meet a mature gent of older years. Text Only. Box: 429601

male seeking

ATTRACTION blonde 42yrs, caring, honest & fun. Kind with lots of interests and OSHH. Hoping to find a similar minded man. Age/looks unimportant. Tel No: 0906 515 4456 Box No: 429671

MATTHEW, professional, adventurous lady. Attractive and sporty. Very nice and active. Hoping to meet a chap for dining out, support at events, all sorts of things. You must have a OSHH. Looks unimportant. Tel No: 0906 515 4456 Box No: 429608

MARK, tall, good shape, has a well partner, looking for a similar lady, for some daytime social fun. Check my full voice message. Tel No: 0906 515 4456 Box No: 429601

ELEANT smart black man, athletic figure, smart, honest, loyal, would love to meet who lady as we can grow old together. Text only replies. Mailbox: 4110490

VINCE, 54, muscular, shaven head, very masculine, some feminine glances. Lady, age/looks unimportant, but must dress to impress. Tel No: 0906 515 4456 Box No: 429639

gay seeking

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BLONDE 00, from High Wycombe, seeking nice any age/looks, for fun, meals and good times. Can accommodate. Text only replies. Tel No: 0906 515 4456 Box No: 429632

VERY assertive gay, going looking 77, seeks totally unassertive male, or TV for relationship. My place or yours. Chelmsford area. Tel No: 0906 515 4456 Box No: 429638

GOOD looking male, 50s, seeks dominating 20 to 30 year old. Tel No: 0906 515 4456 Box No: 429638

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male seeking

BRUNNIA, 42yrs, very attractive, well groomed, married lady. Works in London, can travel anywhere but cannot accommodate. If you are willing to meet on those terms contact me. Text Only. Box: 429607

BRUNNIA, strict, genuine lady, 30yrs, wanting to meet a submissive, outgoing gent of any age. South East London only pls. Text Only. Box: 429608

LINDA, late 50s, very attractive, looking for maybe no strings. Call or text me. Tel No: 0906 515 4456 Box No: 429675

DISCREET sensual and loving lady seeks nice 30s for daytime fun in her home. ACA. Tel: 0906 515 4456 Box No: 429608

SANDRA, friendly lady, attractive & kind. Hoping to meet similar minded gent for outings, perhaps more. ACA. Text answered. Hope to hear from you. Tel No: 0906 515 4456 Box No: 429607

99999 male, 40, blue eyes looking for fun maybe more. Lets meet up and have some fun. Text only replies. Box no: 429615

MALE, white, single, 58 WILTM, serious, any age, looks unimportant. Can't accommodate. Have walking problems. Text only replies. Box no: 429638

MALE, 40, 5'10", blue eyes, travelling, wishes to meet lady for friendship. Age doesn't matter. Text only replies: 554191

MALE, 50, 5'10", looking for female, 30-70, N/S, for friendship, relationship and to share weekends and holidays away. Tel No: 0906 515 4456 Box No: 429611

WHITE male, 50, into music, movies, travelling, seeks slim female, 25-45, for long-term relationship. If you're interested please leave a reply. Tel No: 0906 515 4456 Box No: 429617

JOHN, 64, lives in North West London, likes cinema, eating out and a social drink. WILTM a lady between 30-70, for friendship and outings. If interested please give me a call. Tel No: 0906 515 4456 Box No: 429611

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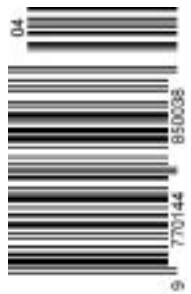
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Coach proud of players after winning host of medals

A YOUNG team made up of six players travelled to Worthing Leisure Centre to represent Harlow Judo Club in the South Coast Open Green Belt and Below competition.

Harlow's players were a mix of experienced and novice members with Eli Balski, aged eight, Thomas Norman (11), George Franks (11), Sam Cobbin-Brown (11), Owen Lambert (12) and Giacomo Misuraca (15) all taking to the mats.

Competing in their groups based on grade and weight, first up in group one, novice to sixth mon (red to yellow belt) were Norman and Franks, who both won bronze medals.

Balski was unplaced despite showing great judo techniques. He was pitted against teammate Franks and battled hard against his more experienced opponent before being knocked out of the competition.

In the next group, Cobbin-Brown, being one of two entries in his weight group, was placed into the next group up.

He fought valiantly but was unable to win any of his fights and came away with a silver medal.

The next groups were for the higher graded players, seventh mon to 12th mon (orange to green belt).

Lambert's own weight group was merged with the group below however, this did not deter the youngster in winning all his fights in great style to secure the gold.

In the final group, Misuraca won his first fight with ease however then struggled with a hip injury which prevented him from fighting to his full potential.

He soldiered on to come away with a bronze medal.

Head coach Mick Ellis said: "It was a very good day's result with productive judo throughout from the team and I was proud of them, especially the lower grades."

The club is based in Foldcroft, Harlow. For more details see: www.harlowjudoclub.com.



Harlow Judo Club players (back, from left): Sam Cobbin-Brown, Owen Lambert, Thomas Norman. Front: George Franks and Eli Balski

Harlow warm up for spring in the cold

HARLOW Running Club members training for a spring marathon competed at two 15 mile races on a cold, wet and windy Sunday morning – with the driving snow making it very slippery underfoot.

Despite this there were several personal best (PB) times for the distance.

At the Benfleet 15, a multi-terrain race that was hilly and muddy in places, Rich Hynes finished in 15th place out of 649 finishers in a speedy 1hr 41min 46sec (PB).

He was followed home by Martyn Coulter, 90th in 1:55:07 (PB); Nick Ryley-Warren, 199th 2:08:06; Terry Ridge, 200th 2:08:09; Carinne Jay, 228th 2:11:45; Darren Tiley, 247th 2:13:38; Julia Gardiner, 248th 2:13:53 (PB); Pasquale Pellicchia, 306th 2:19:51; Sam Carter, 309th 2:20:10; Paul Schroder, 310th 2:20:11; Kerry Mavris, 406th 2:31:57 (PB); Janice Page, 463rd 2:38:59; Debbie Barry, 483rd 2:42:17 and Wendy Schroder, 544th 2:54:32.

At the Folksworth 15 in Cambridgeshire, a two lap course that included three tough hills on each lap, Alex Smith came home in 42nd place out of 433 finishers in an excellent 1:42:54.

Colin Moody was 168th and third Vet 65 in 2:03:21 and Debbie Smith 325th in 2:28:38 – a PB by almost ten minutes.

Meanwhile, at the Fred Hughes 10 Mile race at St Albans Nick D'Alton finished in 259th place out of 754 finishers in 1:17:36.

Victorious

Rob Lowe was victorious at the Finsbury Park 10k, beating off 362 finishers in a superb 36:44. Louise Kedge was 134th in 51:29 (PB).

At the Essendon 10k, Dave Goosetree was 60th out of 146 finishers in 56:44.

On a wet Saturday morning several runners were in action at various parkruns.

At Harlow, Ryan Smith finished fifth out of 133 in 20:58. He was followed by: Martin Westley sixth 21:01, Andy Terrell 11th 22:34, Paul Schroder 17th 23:49, John Bull 20th 23:57, Catherine Ridge 21st and first female 24:04, Andy Smith 26th 24:42, Terry Ridge 27th 24:49, Spencer Brooks 30th 24:52, Graham Saville 33rd and first Vet 60 24:57, Jim Bates 40th and first Vet 70 26:04.

Laura Prime 46th 26:46, Alan Coates 47th and second Vet 60 in 26:59, Martin Elven 51st 27:44, Robin Lozeau 54th and third Vet 60 28:02, Austin Nyamande 73rd 30:54, Louise Coates 76th 31:17, Martyn Coulter 77th 31:18, Liz Roberts 92nd 33:48, Louise Peacock 94th 33:49 and Sara Coombe 129th 51:26.

At the Bishop's Stortford parkrun, Justin Patten finished in 76th place out of 232 in 26:37 and David Page was 89th in 27:17.

Martin McColgan was 24th and first Vet 60 in 26:27 at Ware.

Bottom side pile misery on Hawks

Loss in six-pointer leaves Chapman's side plenty to ponder

By Andrew Franczak

andrew.franczak@hertsessexnews.co.uk

BOTTOM of the table Burgess Hill Town ensured it was a miserable night for Harlow Town as they saw off the visitors with two first half goals.

Connor Tighe netted in the 19th and 34th minutes at a damp Green Elephants Stadium on Tuesday to pile on the misery for Danny Chapman's team.

The result leaves Harlow in 20th place, but Burgess Hill Town could make up ground as they are only a point behind Tooting & Mitcham United and Worthing, with as many as four games in hand over all of their relegation rivals.

Two crucial home games beckon for Hawks as they host mid table Kingstonian this Saturday and then Merstham three days later.

Assistant manager Spencer Knight has appealed to the fans to turn out in force and help instil some positivity into the side.

"Sometimes I don't think the fans realise how important they are to the players," said Knight.

"The players need positivity, we try and give them that but it can come from the stands as well.

"We all need to stick together and that's something I can't stress enough."

Knight added the players needed to wise up quickly that they could find themselves in a relegation dog fight.

"It was a poor performance on Tuesday. We had the chance to create a ten point gap between ourselves and Burgess Hill.

Fighting

"They need to show a little bit more fight and realise where we are in the table and what a predicament we're in.

"We need to be fighting for every point."

While their home form has been less of a worry, Knight knows the challenge ahead in the next two games.

"Kingstonian have made a few new signings lately. They beat us 6-0 at their place and we might try and exact some revenge, but it's more about getting three points."

Knight said there would be a few new additions to the squad by



Toby Ajala (left) netted the equaliser for Harlow in the draw at Dorking Wanderers on Saturday

Photo: MARTINE XERRI

Saturday.

"We need a wide man after losing Junior Dadson, and also potentially need to strengthen the defence.

"We're also looking to sign a keeper as we've lost our number

two and we don't like not having a reserve keeper on the bench."

On Saturday, the Hawks battled back from two goals down to earn a share of the spoils in a 2-2 draw against Dorking Wanderers in difficult conditions.

Two quick fire goals from James McShane and Lewis Putman put the hosts in the driving seat early on, as Harlow struggled to get to grips with the dreadful, muddy surface.

The Hawks hit back through Fabian Simms just before half-time, and then Toby Ajala equalised in the final quarter of an hour.

Despite being on top for most of the second half they couldn't find a third goal to complete the fight-back.

In the fifth minute of added time, a Harlow corner was cleared to Simms 12 yards out, but with the chance to steal all three points, he put the effort wide with the final kick of the game.

Sam Clark, back in the side after recovering from a fractured elbow, dominated in midfield, and the tough-tackler showed the Hawks fans what they had been missing during his injury lay-off.

"He was an important signing for us but unfortunately got injured," said Knight.

"It was great to have him back and I'm sure he'll make a big impact for us."